

Cardio

(la course se fait à un rythme soutenu)

08-juin	11-juin	14-juin	17-juin	20-juin
(16 minutes course)	(18 minutes course)	(23 minutes course)	(24 minutes course)	(19 minutes course)
1min course 30s/off	2min course 45s/off	2min course 45s/off	5min course 30s/off	4min course 1min/off
2min course 45s/off	2min course 45s/off	2min course 45s/off	5min course 30s/off	3min course 1min/off
3min course 1min/off	4min course 1min/off	4min course 1min/off	4min course 1min/off	2min course 45s/off
4min course 1min/off	4min course 1min/off	5min course 1min/off	4min course 1min/off	1min course 30s/off
3min course 1min/off	3min course 1min/off	4min course 1min/off	3min course 1min/off	2min course 45s/off
2min course 45s/off	2min course 45s/off	3min course 1min/off	2min course 45s/off	3min course 1min/off
1min course 30s/off	1min course 30s/off	2min course 45s/off	1min course 30s/off	4min course 1min/off
		1min course 30s/off	(cool-down marche pour 2 min.)	(cool-down marche pour 2 min.)
		(cool-down marche pour 2 min.)		

Legende	
durée	vitesse
1 min	80% (course rapide)
2 min	70% (course dynamique)
3 min	60%(course soutenue)
4 min	60%(course soutenue)
5 min	50% (jogging)