

PROGRAMME INDIVIDUEL AVANT SAISON 2021/2022

DU 5 JUILLET AU 08 AOUT SOIT 5 SEMAINES

DU 05/07	SEANCE 1	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 11/07	SEANCE 2	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 12/07	SEANCE 3	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 18/07	SEANCE 4	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 19/07	SEANCE 5	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 25/07	SEANCE 6	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 26/07	SEANCE 7	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 01/08	SEANCE 8	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 02/08	SEANCE 9	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 08/08	SEANCE 10	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
11 AOUT: REPRISE COLLECTIVE							
IMPORTANT: 2 séances par semaine (jours conseillés: lundi, mercredi, vendredi) afin de limiter les courbatures. Eviter de courir que sur le bitume, porter des chaussures type Running, n'hésiter pas à vous hydrater régulièrement... Bon courage							
ESPV		RICHARD MOURETTE 07/69/55/00/92				ESPV	