

PROGRAMME INDIVIDUEL AVANT SAISON 2023/2024

DU 3 JUILLET AU 06 AOUT SOIT 5 SEMAINES

DU 03/07	SEANCE 1	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 09/07	SEANCE 2	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 10/07	SEANCE 3	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 16/07	SEANCE 4	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 17/07	SEANCE 5	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 23/07	SEANCE 6	FOOTING 30'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 24/07	SEANCE 7	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 30/07	SEANCE 8	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
DU 31/07	SEANCE 9	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
AU 06/08	SEANCE 10	FOOTING 40'	ETIREMENTS 5'	ABDOS 2X30	POMPES 2X20	GAINAGE 1X1'	ETIREMENTS 5'
<u>09 AOUT: REPRISE COLLECTIVE</u>							
<p>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</p>							
ESPV		RICHARD MOURETTE 07/69/55/00/92				ESPV	