

24-Mar-2014	25-Mar-2014	26-Mar-2014	27-Mar-2014	28-Mar-2014	29-Mar-2014	30-Mar-2014
endurance	seuil	endurance			endurance	
1h cool	30min cool 75-78% FCM 2x2800 en 10'55 r 2' repos obj:(1'34 au 400m)	1h15			30min cool 3km allure marathon 15min endurance	
					obj: 1'39 au 400m	
31-Mar-2014	1-Apr-2014	2-Apr-2014	3-Apr-2014	4-Apr-2014	5-Apr-2014	6-Apr-2014
endurance		seuil marathon	endurance		endurance	MARATHON
40min		20min cool 2x1000 a.m r 1'30	30min cool		20 min cool 400m a.m	Paris
						objectif
						2h54
		obj: 1'39 au 400m			obj: 1'39 au 400m	