

Plan for confirmed walkers in 3 meetings

Or on Tuesday, Thursday and Saturday

WEEK 1

Monday 1h00 walk – 10mn stretching

Wednesday 1h00 walk – 10mn stretching

Saturday 1h30 walk – 10mn stretching

WEEK 2

Monday 1h00 walk - 10mn stretching

Wednesday 15mn walk – 15mn PPG – 30mn walk – 10mn walk - 1mn quick
(speed) 30" rest – 10mn stretching

Saturday 1h30 walk – 10mn stretching

WEEK 3

Monday 1h00 walk – 10mn stretching

Wednesday 15mn walk – 15mn PPG – 25mn technique walk (meeting technique 1)
– 15mn walk with assimilation of walk – 10mn stretching

Saturday 2h00 walk – 10mn stretching

WEEK 4

Monday 1h15 walk – 10mn stretching

Tuesday : **test on track. You take a wheel of geometrician for this meeting. It can be carried out in group**

20mn walk – test of speed in 6 minutes (walk at a maximum speed during 6 minutes) – After 6 minutes, stop and note the place. Rest, then measure from the starting line. Count the distance you made (for ex.: 3 tours + 238 meters = 1438 meters, and multiply it by 10. (In the example it gives us 14380 mètres so 14 km 380).

This represents approximately your VMA. It will be useful for the next different. Note it on your training book.

Wednesday 1h15 walk to 75% de VMA – 10mn stretching

Saturday 30mn walk – 1h00 : 5mn quick 5mn slow (so 6 times) – 10mn stretching

WEEK 5

Monday 1h15 walk 75%– 10mn stretching

Wednesday 15mn walk – 15mn PPG – 25mn technique walk (meeting technique 1)
– 15mn walk with assimilation of walk – 10mn stretching

Saturday 3h00 walk 70% – 10mn stretching (you can also walk during a patent of walk)

WEEK 6

Monday 1h15 walk 75% – 10mn stretching

Wednesday 1h15 walk 75% – 10mn stretching

Saturday 1h00 walk 80% – 45mn walk on flexible ground

WEEK 7

Monday 1h30 walk 75% – 10mn stretching

Wednesday 15mn heating walk – 15mn PPG – 20mn walk – 6 x 30
secondes 100%, rest 30 secondes – Rest 1mn – 6 x 30
secondes 100%, rest 30 secondes – 10mn stretching

Saturday 3h00 walk 70% – 10mn stretching (You can also walk during a patent of walk)

WEEK 8

Monday 1h30 walk 75% – 10mn stretching

Wednesday 15mn walk – 15mn PPG – 25mn technique walk (meeting technique 1)
– 15mn walk with assimilation of walk – 10mn stretching

Saturday 15mn walk – 15mn PPG – 15mn walk – 15 x 400m 95% à 100%
rest 1mn - 10mn stretching