

Plan for confirmed walkers in 5 sessions

WEEK 1

Monday 1h00 walk - 10mn stretching

Tuesday 1h00 walk - 10mn stretching

Wednesday 30mn walk – 15mn PPG – 30mn technique (meeting technique 1) – 10mn stretching

Thursday 1h00 walk - 10mn stretching

Saturday 1h30 walk – 10mn stretching

WEEK 2

Monday 1h00 walk - 10mn stretching

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

Wednesday 1h00 walk – 10mn stretching

Thursday 1h00 walk – 10mn stretching

Saturday 1h30 walk– 10mn stretching

WEEK 3

Monday 1h00 walk – 10mn stretching

Tuesday 20mn walk – 15mn PPG – 25mn technique walk (meeting technique 2)
– 15mn walk with assimilation of walk – 10mn stretching

Wednesday 15mn walk – 15mnPPG – 30mn walk – 6 x 30 secondes (speed)

Rest 30 secondes – Rest 1mn – 6 x 30 secondes (speed)

rest 30 secondes - 10mn stretching

Thursday 1h00 walk on flexible ground – 10mn stretching

Saturday 2h00 walk – 10mn stretching

WEEK 4

Monday 1h00 walk – 10mn stretching

Tuesday **Test on track. Take a wheel of geometrician for this session.**

You can do it in group.

20mn walk – test of speed during 6 minutes (walk at a maximum speed during 6 minutes) – After 6 minutes, stop and mark the place.

Rest, then measure from the starting line. Count the distance you walked (ex. 3 tours + 238 meters = 1438 meters), et multiply it by 10. (In the example that will make 14380 meters so 14 km 380). It represents approximatively your VMA. It will be useful for you for the next differences. Note it in your training book.

Wednesday 45mn walk 75% – 20 technique walk (meeting technique 3)

Saturday 30mn walk – 1h00 5mn speed (90%) 5mn slow (so 6 times) – 30mn walk – 10mn stretching

WEEK 5

Monday 1h15 walk 75% – 10mn stretching

Tuesday 15mn walk – 15mn PPG – 20mn walk – 15mn 1'30 speed (100%) 45 secondes rest – 10mn stretching

Wednesday 1h00 walk – 10mn stretching

Thursday 1h15 walk 75% - 10mn stretching

Saturday 2h30 walk 75% – 10mn stretching

WEEK 6

Monday 1h15 walk 75% – 10mn stretching

Tuesday 45mn walk – 25mn technique (meeting technique 1) – 10mn stretching

Wednesday 1h30 walk 75% - 10mn stretching

Thursday 15mn walk – 15mn PPG – 20mn walk– 6 x 30 secondes (100%)

rest 30" – Rest 1mn – 6 x 30 secondes (100%)

rest 30 secondes – 10mn stretching

Saturday 45mn walk 75% – 1h00 walk climbing – 15mn walk back quietly - 10mn stretching

WEEK 7

Monday 1h30 walk 75% – 10mn stretching

Tuesday 15mn walk – 15mn PPG – 20mn walk – 10 x 400m (95% à 100%) rest 1mn – 10mn stretching

Wednesday 1h30 walk 75% - 10mn stretching

Thursday 45mn walk 75% – 20mn technique walk (meeting technique 2) - 10mn stretching

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

WEEK 8

Monday 1h30 walk 75% – 10mn stretching

Tuesday 15mn walk – 15mn PPG – 20mn walk – 6 x 30 secondes (105%)

rest 30 secondes – Rest 1mn – 6 x 30 secondes (105%)

rest 30 secondes – 10mn stretching

Thursday 45mn walk 75% - 20mn technique walk (meeting technique 3) – 10mn Stretching

Saturday 1h00 walk – 1h00 5mn quick 5mn slow – 1h00 walk – 10mn stretching