

Semaine	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
1	Repos	35 min faciles	10-13 km faciles	PPG	60 min faciles (10 min plus rapides)	Repos	12 km allure soutenue
2	Repos	Repos 35 min faciles	15 min faciles (10 x 2 min rapides)	2 km faciles (2 x 4 km allure ultra)	PPG	Repos	16 km (8 km allure ultra)
3	Repos	60 min faciles	15 min faciles (7 x 1 min rapide)	PPG	5 min faciles (35 min allure ultra)	Repos	20 km allure ultra
4	Repos	35 min tempo	10 min faciles (15 min tempo, 25 min allure ultra)	PPG	10 km allure ultra	Repos	24 km (5 min faciles)
5	Repos	35 min facile (35 min tempo)	15 min faciles (5 x 5 min rapides)	60 min faciles	PPG	Repos	Semi-marathon compétition
6	Repos	35 min faciles	15 min faciles (1/3/5/5/3/1 rapides)	PPG	35 min faciles	Repos	30 km allure longue
7	Repos	PPG	60 min faciles	10 min faciles (6 x 2 min rapides)	35 min faciles	Repos	30 km allure longue
8	35 min faciles	10 min faciles (13 km allure longue)	Repos	10 min faciles (4 x 8 min tempo)	PPG	Repos	35 km allure longue
9	Repos	Repos 45 min faciles	10 min sans effort (3 x 1 km soutenu)	PPG	40 min faciles	Repos	Semi-marathon poussée
10	Repos	45 min faciles	10 min faciles (7 x 1 km plus rapide)	10 min PPG	75 min faciles	Repos	32 km (8 km faciles)
11	Repos	Matin 35 min facile (Après-midi 35 min tempo)	15 min faciles (30 min tempo, 20 min tempo)	Repos	PPG	5 km allure ultra, récupération	Course 3h30, test nutrition
12	Repos	Repos	50 min faciles	35 min faciles	PPG	19 km facile	19 km avec dénivelé
13	Repos	80 min facile	80 min allure ultra	Repos	PPG	24 km allure ultra	15 km allure ultra
14	Repos	PPG	90 min allure ultra	Repos	Repos	16 km allure facile	50 km allure facile
15	Repos, étirements	Repos, étirements	6 km faciles	8 km faciles	Repos, étirements	PPG	16 km faciles
16	Repos, étirements	Repos, étirements	Repos, étirements	Marche ou jogging 10 min	Repos, étirements	Repos, étirements	Jour J ultra-trail