

10 Km.	L.	TEMPO 70-80% M.	FACILE 50-60% MERL	TEMPO 70-80% J.	FACILE 50-60% V. S.	SORTIE LANGE 60-70% D.
1	R.	2x1500 3'R. 2x800 2'R. 4x400 1'R. 6x100 100 Furling	8-9 Km.	2x800 2'R. 4x400 1'R. 4x200 200 Furling 4x100 100 Furling	8-9 Km.	14-16 Km.
2	R.	2x1000 2'R. 2x800 2'R. 4x400 1'R. 6x100 100 Furling	8-9 Km.	4x200 200 Furling 4x1' Tempo + 3-4' Facile 4x100 100 Furling	10-11 Km.	12-15 Km.
3	R.	2x1500 3'R. 1x1000 3'R. 1x800 2'R. 1x400 1'R. 6x100 100 Furling	8-9 Km.	4x200 200 Furling 4x1' Tempo + 3-4' Facile 4x200 200 Furling 4x100 100 Furling	10-11 Km.	15-17 Km.
4	R.	2x1000 3'R. 1x800 2'R. 2x400 1'R. 2x200 200 Furling 6x100 100 Furling	8-9 Km.	6x1' Tempo + 3-4' Facile	10-11 Km.	15-17 Km.
5	R.	2x400 1'R. 1x800 2'R. 1x200 200 Furling 1x800 2'R. 6x100 100 Furling	8-9 Km.	10-12 Km.	10-11 Km.	16-19 Km.
SEMAINE COMPT.	R.	1x1500 3'R. 1x800 2'R. 2x400 1'R. 4x100 100 Furling	R.	4x200 200 Furling 4x100 100 Furling 4x200 200 F. 4x100 100 F.	R.	10 Km COMPT.

10 Km.		1500	1000	800	400	200	100		1500	1000	800	400	200	100		
		37"	5'45"	3'50"	2'50"	1'25"	42"		21"	45'	7'	4'40"	3'25"	1'42"	51"	25"
		39'	6"	4'	3'	1'30"	45"		22"	49'	7'30"	5'	3'45"	1'52"	56"	28"
		42'	6'30"	4'20"	3'10"	1'35"	48"		24"	52'	8'	5'20"	3'55"	1'57"	58"	29"