

By Training Activities	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Musculation	Compétition	Total
Inline skating indoor	10h00	0h50	1h10	0h50	0h30	n/a		13h20
Vélo de montagne	1h50					n/a		1h50
Course	12h52	1h53		2h15	1h00	n/a		18h00
Kayak	0h40					n/a		0h40
Skip rope	0h20					n/a		0h20
Musculation						2h55		2h55
Total	25h42	2h43	1h10	3h05	1h30	2h55		37h05

By Training Types	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Musculation	Compétition	Total
Tacx fortius (Réalité virtuelle)	1h50					n/a		1h50
Intervals 3m on / 3m off				0h30		n/a		0h30
Vitesse - 2*200m/r45s - 1*400m/...					1h00	n/a		1h00
Warm-up				0h06		n/a		0h06
Tempo (1*400m - 30 sec rest/1*100...				0h42		n/a		0h42
800m with 1/2 break				0h45		n/a		0h45
Entraînement par interval				0h20	0h30	n/a		0h50
Entraînement continue	23h52	2h43	1h10	0h42		n/a		28h27
Musculation						2h55		2h55
Total	25h42	2h43	1h10	3h05	1h30	2h55		37h05

Strength Training	Total
Musculation	2h55
Total	2h55

