

Zone 1	Zone 2	Zone 3	Zone 4
Zone 5	Muscultation	Compétition	

#	Date	Periods	Phases	Meso-cycles	Total	Weekly Distribution												
						2,7	5,4	8,2	10,9	13,6	16,3	19,0						
1	09/Nov/09	Préparation générale 217h23100%	Phase général 103h40 48%	cycle 1 27h00 26%	4h35 17%													
2	16/Nov/09				7h05 26%													
3	23/Nov/09				8h30 31%													
4	30/Nov/09				6h50 25%													
5	07/Dec/09			cycle 2 34h10 33%		10h57 32%												
6	14/Dec/09						7h00 21%											
7	21/Dec/09						6h13 18%											
8	28/Dec/09						10h00 29%											
9	04/Jan/10						cycle 3 42h30 41%		11h15 26%									
10	11/Jan/10									10h22 24%								
11	18/Jan/10									9h29 22%								
12	25/Jan/10									11h24 27%								
13	01/Feb/10			Phase spécifique 113h42 52%		cycle 4 42h34 41%	7h43 18%											
14	08/Feb/10						19h03 45%											
15	15/Feb/10						7h47 18%											
16	22/Feb/10					8h01 19%												
17	01/Mar/10					cycle 5 37h05 33%		8h21 23%										
18	08/Mar/10								8h19 22%									
19	15/Mar/10								10h17 28%									
20	22/Mar/10					cycle 6 34h03 30%		10h08 27%										
21	29/Mar/10								4h35 13%									
22	05/Apr/10								11h27 34%									
23	12/Apr/10								13h41 40%									
24	19/Apr/10								4h20 13%									
25	26/Apr/10	Compétition 0%	Pré-compétiton 0%	cycle 7 0%	0%													
26	03/May/10				0%													
27	10/May/10				0%													
28	17/May/10				0%													
29	24/May/10				cycle 8 0%		0%											
30	31/May/10							0%										
31	07/Jun/10							0%										
32	14/Jun/10							0%										
33	21/Jun/10							cycle 9 0%		0%								
34	28/Jun/10										0%							
35	05/Jul/10				0%													
36	12/Jul/10				0%													
37	19/Jul/10				cycle 10 0%		0%											
38	26/Jul/10							0%										
39	02/Aug/10							0%										
40	09/Aug/10							0%										
41	16/Aug/10				Compétition 0%		cycle 11 0%	0%										
42	23/Aug/10							0%										
43	30/Aug/10							0%										
44	06/Sep/10							0%										
45	13/Sep/10							cycle 12 0%		0%								
46	20/Sep/10										0%							
47	27/Sep/10										0%							
48	04/Oct/10										0%							
49	11/Oct/10	Transition 0%	Transition 0%	cycle 13 0%	0%													
50	18/Oct/10				0%													
51	25/Oct/10				0%													
52	01/Nov/10				0%													
Total					217h23													

Note: Since percentages have been rounded, totals may add up to more or less than 100%.

#	Date	Meso-cycles	Total	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Musclature	Compétition
1	09/Nov/09	27h00 12%	4h35 17%	4h35 100%						
2	16/Nov/09		7h05 26%	5h35 79%					1h30 21%	
3	23/Nov/09		8h30 31%	7h00 82%					1h30 18%	
4	30/Nov/09		6h50 25%	5h45 84%	0h35 9%				0h30 7%	
5	07/Dec/09	34h10 16%	10h57 32%	8h57 82%		0h30 5%			1h30 14%	
6	14/Dec/09		7h00 21%	3h51 55%					0h45 11%	2h24 34%
7	21/Dec/09		6h13 18%	5h13 84%					1h00 16%	
8	28/Dec/09		10h00 29%	8h50 88%					1h10 12%	
9	04/Jan/10	42h30 20%	11h15 26%	9h55 88%		0h30 4%	0h30 4%		0h20 3%	
10	11/Jan/10		10h22 24%	7h37 73%	1h15 12%				1h30 14%	
11	18/Jan/10		9h29 22%	6h54 73%	0h30 5%		0h20 4%		1h45 18%	
12	25/Jan/10		11h24 27%	8h48 77%		1h15 11%		0h21 3%	1h00 9%	
13	01/Feb/10	42h34 20%	7h43 18%	3h01 39%	2h00 26%		0h36 8%		1h15 16%	0h51 11%
14	08/Feb/10		19h03 45%	17h48 93%		0h10 1%	0h20 2%		0h45 4%	
15	15/Feb/10		7h47 18%	5h37 72%			0h45 10%		1h25 18%	
16	22/Feb/10		8h01 19%	5h51 73%	0h30 6%		1h10 15%		0h30 6%	
17	01/Mar/10	37h05 17%	8h21 23%	6h11 74%			0h30 6%	0h30 6%	1h10 14%	
18	08/Mar/10		8h19 22%	6h02 73%		0h30 6%	1h02 12%		0h45 9%	
19	15/Mar/10		10h17 28%	8h09 79%	0h48 8%	0h40 6%			0h40 6%	
20	22/Mar/10		10h08 27%	5h20 53%	1h55 19%		1h33 15%	1h00 10%	0h20 3%	
21	29/Mar/10	34h03 16%	4h35 13%	2h40 58%	1h15 27%		0h40 15%			
22	05/Apr/10		11h27 34%	6h37 58%			0h38 6%		0h10 1%	4h02 35%
23	12/Apr/10		13h41 40%	9h02 66%	1h35 12%	0h30 4%	0h48 6%		0h30 4%	1h16 9%
24	19/Apr/10		4h20 13%	2h50 65%	0h15 6%	0h15 6%	1h00 23%			
25	26/Apr/10									
26	03/May/10									
27	10/May/10									
28	17/May/10									
29	24/May/10									
30	31/May/10									
31	07/Jun/10									
32	14/Jun/10									
33	21/Jun/10									
34	28/Jun/10									
35	05/Jul/10									
36	12/Jul/10									
37	19/Jul/10									
38	26/Jul/10									
39	02/Aug/10									
40	09/Aug/10									
41	16/Aug/10									
42	23/Aug/10									
43	30/Aug/10									
44	06/Sep/10									
45	13/Sep/10									
46	20/Sep/10									
47	27/Sep/10									
48	04/Oct/10									
49	11/Oct/10									
50	18/Oct/10									
51	25/Oct/10									
52	01/Nov/10									
Total			217h23	162h08 75%	10h38 5%	4h20 2%	9h52 5%	1h51 1%	20h00 9%	8h34 4%

Note: Since percentages have been rounded, totals may add up to more or less than 100%.