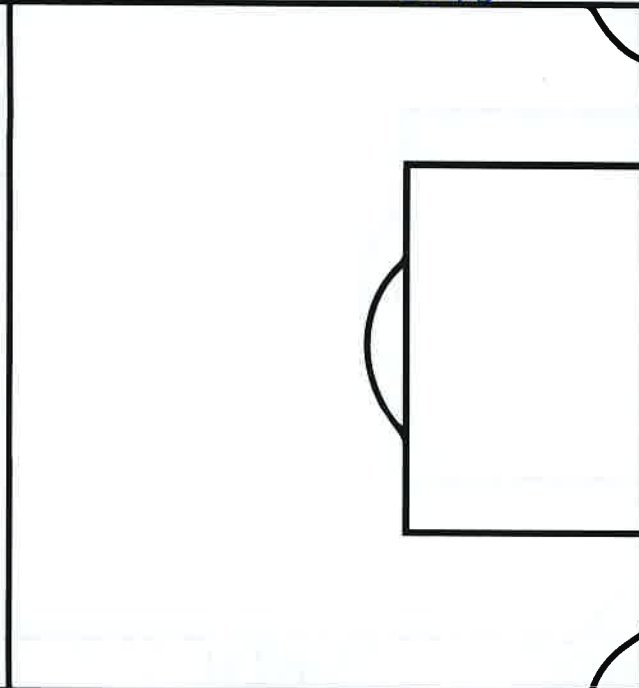
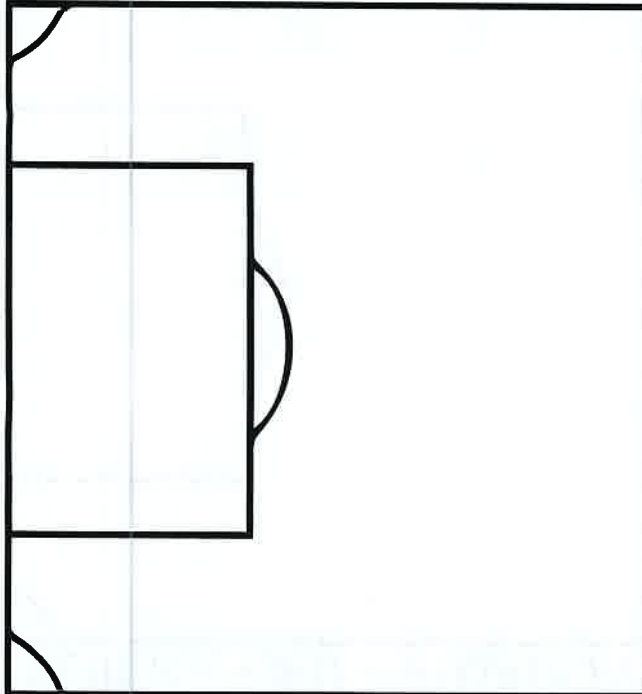


EXERCICE - JEU - SITUATION

TEMPS : 20' / 35' JOUEURS :

GDB :

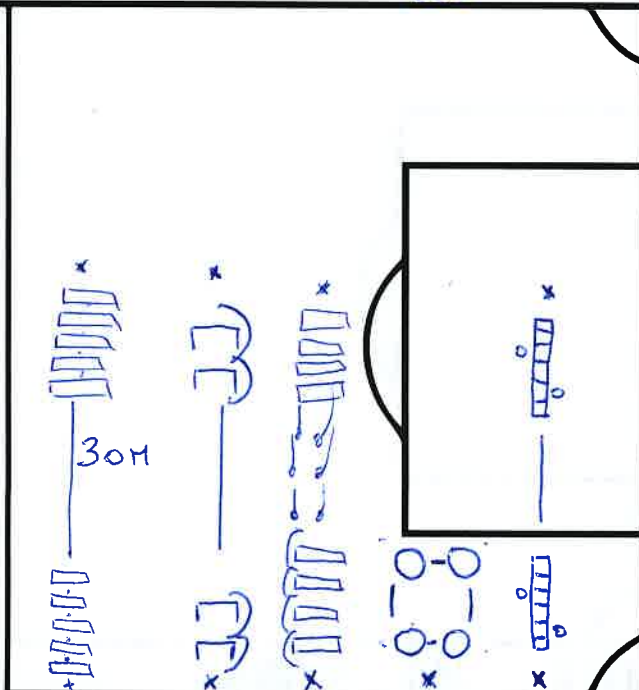
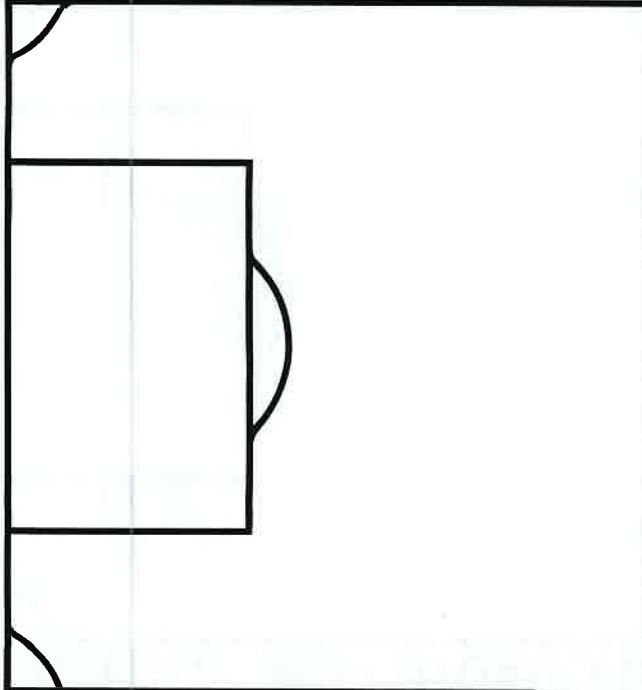


Footing 20' Parcours bleu

EXERCICE - JEU - SITUATION

TEMPS : 20' / 40' JOUEURS :

GDB :



Renforcement

1'30" x 5 x 2 = 20'

0'30" de récupération

2' de récupération

1 Bloc de 10'

16 Km/h = 68 m

17 Km/h = 70 m

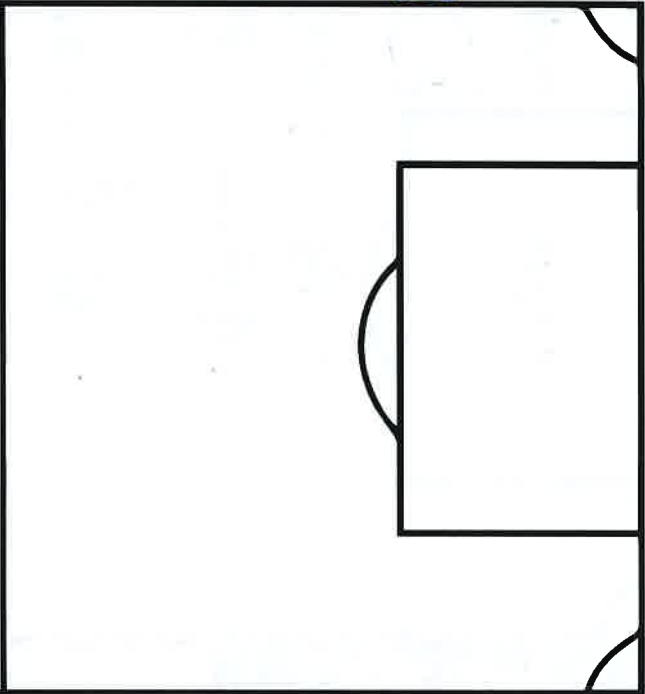
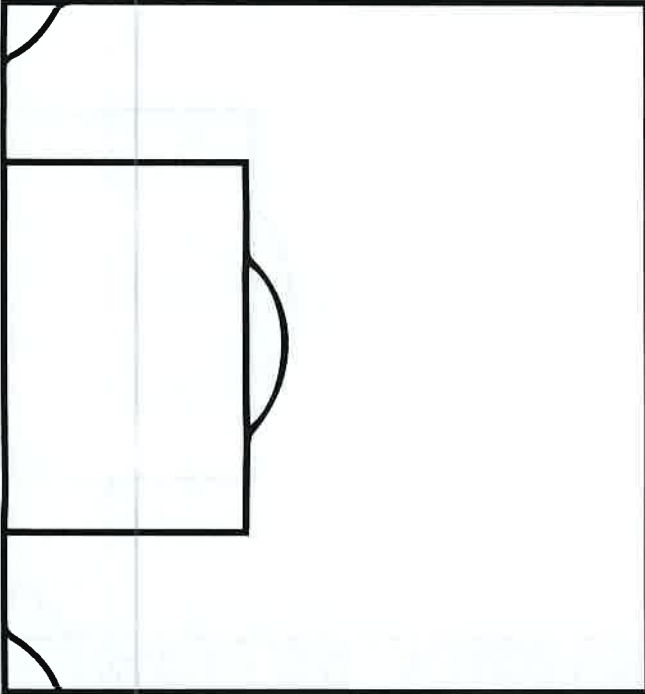
18 Km/h = 75 m

EXERCICE - JEU - SITUATION

TEMPS : 20'

JOUEURS : 14

GDB:



EXERCICE - JEU - SITUATION

TEMPS :

JOUEURS :

GDB:

