## Stage Forges Les Eaux - 23 au 28 février 2009

| | | BACHIR | CALVET | DELEHAYE | DUPONT-NIVET | KWAN CHUNG | LE CORRE | LEGRAND | MARTIN | MAUGER | PONCE | PONCE | SECLET | WAMSTER |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Jonathan | Aline | Florian | Marie | Jérémy | Yannis | Carole | Hermine | Gwenaëlle | Antoine | Lorène | Pierre | Loïc |
| JOURS | NATATION | kilométrage effectué | | | | | | | | | | | | |
| Lundi | Entrainement 1 | 4500 | 4500 | 4100 | 4100 | 4500 | 4100 | 4500 | 4100 | 4100 | 4500 | 4100 | 4100 | 4100 |
| | Entrainement 2 | 8000 | 8000 | 7200 | 7800 | 8000 | 7800 | 8000 | 7800 | 7600 | 7800 | 5800 | 7800 | 8000 |
| | Entrainement 3 | 3900 | 4300 | 4300 | 4300 | 4300 | 4300 | 4300 | 3900 | 3900 | 4000 | 3900 | 3900 | 4300 |
| Mardi | **Total 2** | **11900** | **12300** | **11500** | **12100** | **12300** | **12100** | **12300** | **11700** | **11500** | **11800** | **9700** | **11700** | **12300** |
| | Entrainement 4 | 8100 | 8100 | 4000 | 8100 | 8100 | 8100 | 8100 | 7800 | 7000 | 8000 | 6800 | 8000 | 8000 |
| | Entrainement 5 | 4200 | 4200 | 3200 | 3200 | 4200 | 4200 | 4200 | 3100 | 3200 | 4200 | 3200 | 3200 | 4100 |
| Mercredi | **Total 3** | **12300** | **12300** | **7200** | **11300** | **12300** | **12300** | **12300** | **10900** | **10200** | **12200** | **10000** | **11200** | **12100** |
| | Entrainement 6 | 8000 | 8000 | 6400 | 7200 | 8000 | 8000 | 1200 | 6800 | 6900 | 8000 | 7200 | 7200 | 8000 |
| | Entrainement 7 | 3500 | 3800 | 3950 | 3800 | 3800 | 3800 | 3800 | 2500 | 2600 | 3800 | 3800 | 3800 | 3800 |
| Jeudi | **Total 4** | **11500** | **11800** | **10350** | **11000** | **11800** | **11800** | **5000** | **9300** | **9500** | **11800** | **11000** | **11000** | **11800** |
| | Entrainement 8 | 9100 | 9050 | 9050 | | 9100 | 9050 | 9050 | 8750 | 8650 | 9100 | 8550 | 9050 | 9050 |
| | Entrainement 9 | 4050 | 4050 | 1200 | 4050 | 4050 | 4050 | 4050 | 3150 | 4050 | 4050 | 4050 | 4050 | 4050 |
| Vendredi | **Total 5** | **13150** | **13100** | **10250** | **4050** | **13150** | **13100** | **13100** | **11900** | **12700** | **13150** | **12600** | **13100** | **13100** |
| Samedi | Entrainement 10 | 5800 | 5800 | 5800 | 5800 | 5800 | 5800 | 5800 | 5300 | 5600 | 5800 | 5800 | 5800 | 5800 |
| | **Total KM** | **59150** | **59800** | **49200** | **48350** | **59850** | **59200** | **53000** | **53200** | **53600** | **59250** | **53200** | **56900** | **59200** |

| JOURS | FOOTING | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lundi | Footing 1 | | | 00:30:00 | | | 00:30:00 | | 00:30:00 | 00:30:00 | | 00:30:00 | 00:30:00 | |
| Mardi | Footing 2 | 00:30:00 | 00:30:00 | | 00:30:00 | 00:30:00 | | 00:30:00 | | | 00:30:00 | | | 00:30:00 |
| Mecredi | Footing 3 | | | 00:20:00 | 00:45:00 | | | | 00:45:00 | 00:45:00 | | 00:45:00 | 00:40:00 | |
| Jeudi | Footing 4 | 00:30:00 | 00:35:00 | | | 00:30:00 | 00:30:00 | 00:35:00 | | | 00:25:00 | | | 00:30:00 |
| | **Total** | **01:00:00** | **01:05:00** | **00:50:00** | **01:15:00** | **01:00:00** | **01:00:00** | **01:05:00** | **01:15:00** | **01:15:00** | **00:55:00** | **01:15:00** | **01:10:00** | **01:00:00** |

| JOURS | PPG | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Lundi | Ppg 1 | 01:00:00 | 01:00:00 | | 01:00:00 | 01:00:00 | | 01:00:00 | | | 01:00:00 | | | 01:00:00 |
| Mardi | Ppg 2 | | | 01:00:00 | | | 01:00:00 | | 01:00:00 | 01:00:00 | | 01:00:00 | 01:00:00 | |
| Mercredi | Ppg 3 | 01:00:00 | 01:00:00 | | | 01:00:00 | 01:00:00 | 01:00:00 | | | 01:00:00 | | | 01:00:00 |
| Jeudi | Ppg 4 | | | 01:00:00 | 01:00:00 | | | | 01:00:00 | 01:00:00 | | 01:00:00 | 01:00:00 | |
| Vendredi | Ppg 5 | 01:20:00 | 01:20:00 | 01:20:00 | 03:20:00 | 01:20:00 | 01:20:00 | 01:20:00 | 01:20:00 | 01:20:00 | 01:20:00 | 01:20:00 | 01:20:00 | 01:20:00 |
| | **Total** | **03:20:00** | **03:20:00** | **03:20:00** | **05:20:00** | **03:20:00** | **03:20:00** | **03:20:00** | **03:20:00** | **03:20:00** | **03:20:00** | **03:20:00** | **03:20:00** | **03:20:00** |