

BOOTCAMP



WOD 1

Part 1: Run 20mn



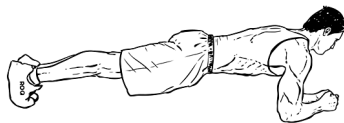
Run

Part 2: Circuit Training

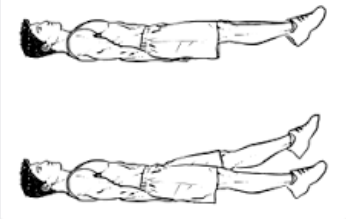
Mode TABATA : intervalles de 50s travail / 10s récup x 3Rounds=18mn



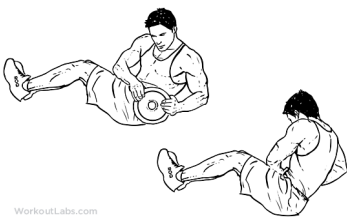
Sit Up



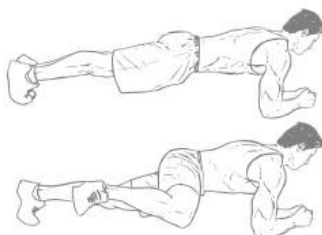
Plank



Flutter Kicks



Russian Twist



Side Plank K2E



Crossing Sit Up

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WOD 2

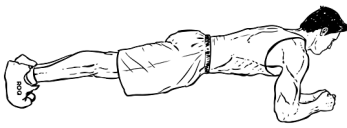
Part 1: Run 10mn



Run

Part 2: Circuit Training

Mode HIIT : Droit d'entrée 2mn, 7 intervalles de 30s travail /10s récup, Droit de sortie 2mn
3 tours de circuit

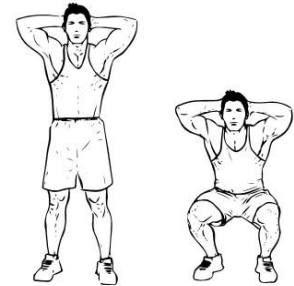


WorkoutLabs.com

2mn Plank



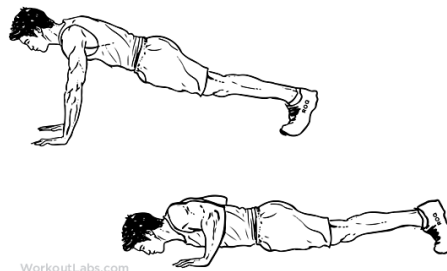
30s Run



30s Squat



30s Run

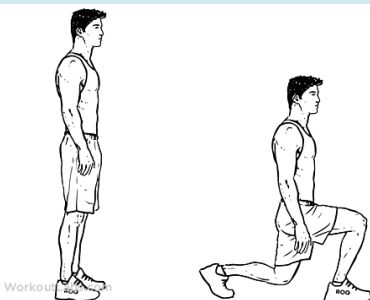


WorkoutLabs.com

30s Push Up



30s Run

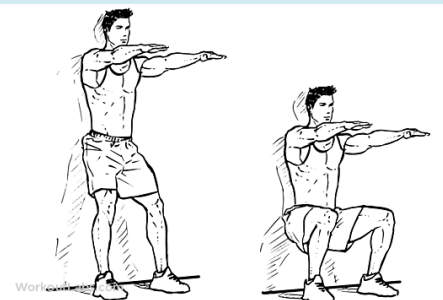


WorkoutLabs.com

30s Lunge



30s Run



WorkoutLabs.com

2mn Wall Sit

WOD 3

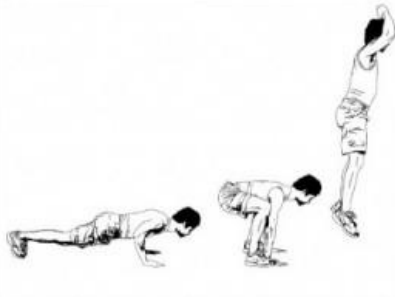
Part 1: Run 10mn



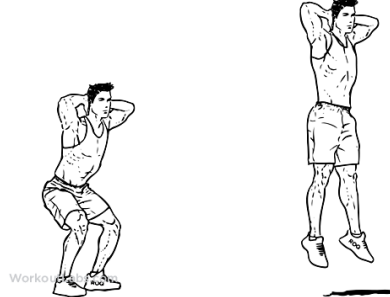
Run

Part 2: Circuit Training

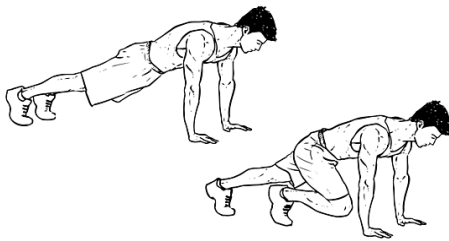
Mode TABATA : intervalles de 20s travail / 10s récup
4 tabatas



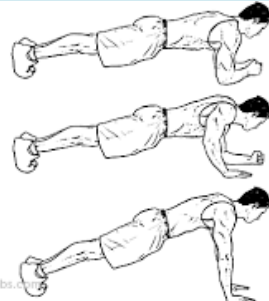
20s Burpee



20s Squats sautés



20s Climber



20s Dynamiq Plank

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WOD 4

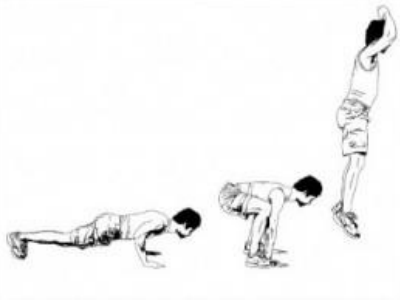
Part 1: Run 20mn



Run

Part 2: Circuit Training

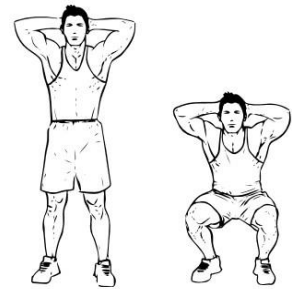
Mode HIIT 10mn : 5 Rounds 4 intervalles de 30s : 3x30s travail / 30s récupération



30s Burpee



30s Box to box Run



30s Squat

WOD 5

Part 1: Run 10mn



Run

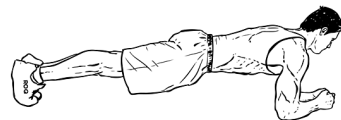
Part 2: Circuit Training

Mode TABATA : intervalles de 50s travail / 10s récup x 3 Roundx



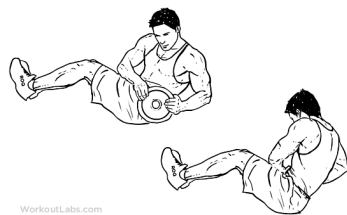
WorkoutLabs.com

Crunch



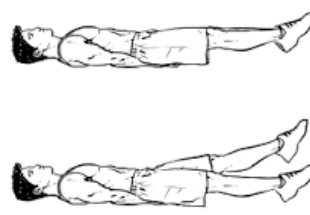
WorkoutLabs.com

Plank



WorkoutLabs.com

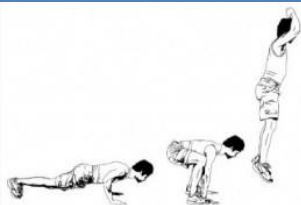
Russian Twist



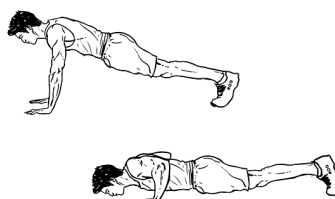
Flutter Kicks

Part 2: Circuit Training

Mode TABATA : intervalles de 20s travail / 10s récup

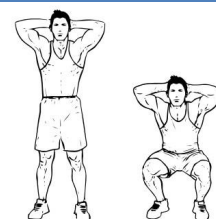


Tabata Burpee



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Tabata Push Up



Tabata Squat

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WOD 6

Part 1: Run 20mn



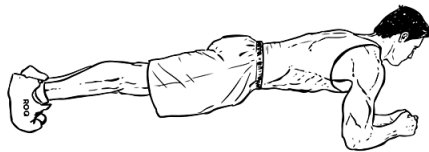
Run

Part 2: Circuit Training

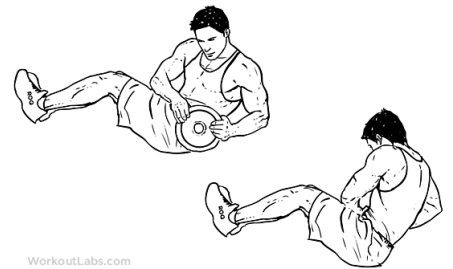
Mode TABATA : intervalles de 50s travail / 10s récup x 2 Rounds=18mn



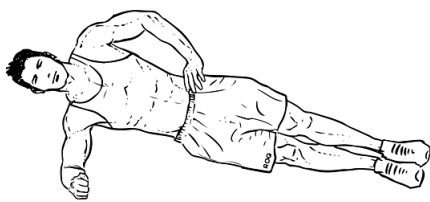
Sit Up



Plank



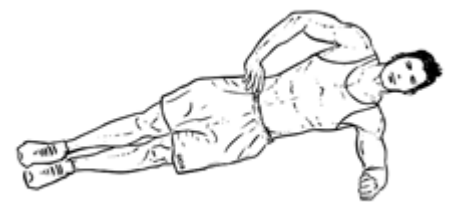
Russian Twist



Side Plank



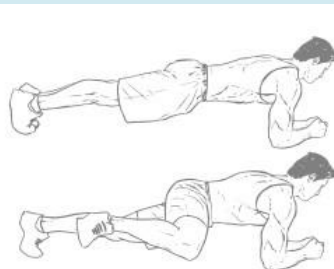
Crossing Sit Up



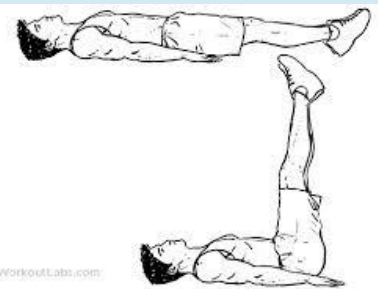
Side Plank



Flutter Kick



Side Plank K2E



Leg Lever

WOD 7

Part 1: Run 10mn



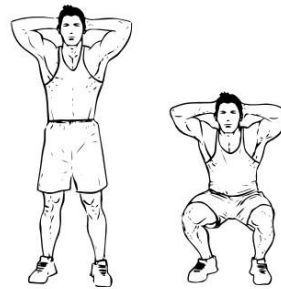
Run

Part 2: Circuit Training

Mode HIIT 10mn : 5 Rounds de 400m course / 50 Squats en 2mn



Run 400m en 90s



50 Squat

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WOD 8

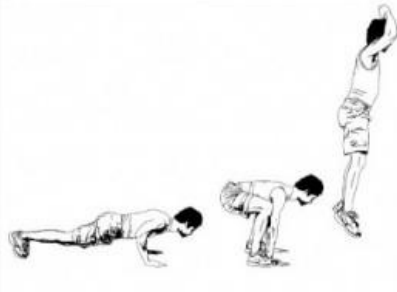
Part 1: Run 10mn



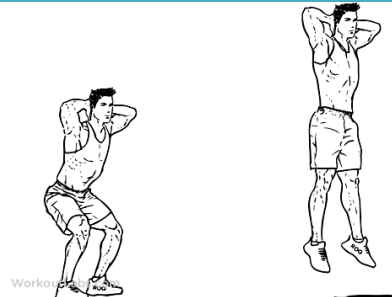
Run

Part 2: Circuit Training

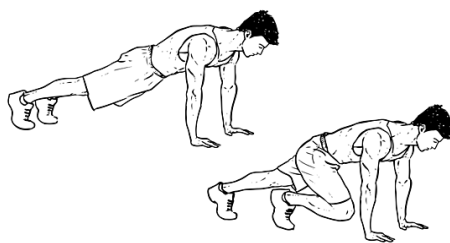
Mode TABATA : intervalles de 20s travail / 10s récup
4 tabatas



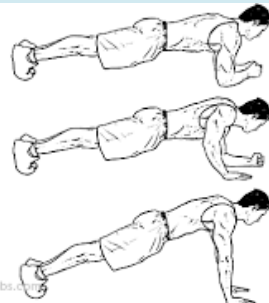
20s Burpee



20s Squats sautés



20s Climber



20s Dynamiq Plank

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Planning intersaison

Découpage de la semaine en 3 jours de travail et 4 jours de récupération

Agencement libre des jours de travail et des jours de récupération

Essayer de respecter 1 jour de repos entre 2 séances

Exemples d'agencement sur la semaine :

| <i>Lundi</i> | <i>Mardi</i> | <i>Mercredi</i> | <i>Jeudi</i> | <i>Vendredi</i> | <i>Samedi</i> | <i>Dimanche</i> |
|---------------|---------------|-----------------|---------------|-----------------|---------------|-----------------|
| Jour 1 | Repos | Jour 2 | Repos | Jour 3 | Repos | Repos |
| Repos | Jour 1 | Repos | Jour 2 | Repos | Jour 3 | Repos |
| Jour 1 | Repos | Repos | Jour 2 | Repos | Jour 3 | Repos |

Contenus des semaines

| Contenus Planning Juillet | | | |
|----------------------------------|---------------|---------------|---|
| Semaine | Jour 1 | Jour 2 | Jour 3 |
| 04/07 au 10/07 | WOD 1 | WOD 2 | Footing 30mn stretching 30mn |
| 11/07 au 17/07 | WOD 3 | WOD 4 | Footing 30mn stretching 30mn |
| 18/07 au 24/07 | WOD 5 | WOD 6 | Footing 30mn stretching 30mn |
| 25/07 au 31/07 | WOD 7 | WOD 8 | Footing 30mn stretching 30mn |