



PLAN ANNUEL



| Date                             | Mois   |         | juin |      |       |     |          | juillet      |      |     |     |      | août     |      |            |          |        | septembre |     |     |      |      | octobre |      |       |       |  |
|----------------------------------|--|---------|------|------|-------|-----|----------|--------------|------|-----|-----|------|----------|------|------------|----------|--------|-----------|-----|-----|------|------|---------|------|-------|-------|--|
|                                  | Lundi  | Semaine | 13/5 | 20/5 | 27/5  | 3/6 | 10/6     | 17/6         | 24/6 | 1/7 | 8/7 | 15/7 | 22/7     | 29/7 | 5/8        | 12/8     | 19/8   | 26/8      | 2/9 | 9/9 | 16/9 | 23/9 | 30/9    | 7/10 | 14/10 | 21/10 |  |
|                                  |  |         | S20  | S21  | S22   | S23 | S24      | S25          | S26  | S27 | S28 | S29  | S30      | S31  | S32        | S33      | S34    | S35       | S36 | S37 | S38  | S39  | S40     | S41  | S42   | S43   |  |
| <b>Compétitions &amp; Stages</b> |  |         | Ain  | Plum | Aulne |     | Dauphiné | Route du Sud | CDF  |     |     |      | Wallonie |      | Artic Race | Danemark | Plouay |           |     |     |      |      |         |      |       |       |  |
| <b>Période</b>                   | [Orange bar from S20 to S38]   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| <b>Charge</b>                    | [Bar chart showing volume and intensity values: 2, 3.5, 4, 2.5, 4, 3.5, 2.5, 1, 2.5, 4, 3, 3.5, 2.5, 3.5, 3.5, 3, 1.5] |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| <b>Volume Intensité</b>          | [Color-coded bar chart for volume and intensity]   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| V<br>E<br>L<br>O                 | Capacité aérobie   | L       | C    |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Puissance max. aérobie   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Puiss. AA - Force explo.   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Puiss. AA - Force max.   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Capa. AA   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Capa. AL (rés. Lactique)   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Puiss. AL (puiss. Lactique)  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Vélocité   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Force endurance  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Race Pace  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Seuil  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Technique  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Récupération   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| Evaluation                       |  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| P<br>R<br>E<br>P<br>H            | Natation   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Course à pieds   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Fonctionnel  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Force endurance  | Rappel  |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Force maximale   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Force explosive  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| P<br>H                           | Vitesse   Plyométrie   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
|                                  | Etirements   |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |
| <b>Commentaires / Divers</b>     |  |         |      |      |       |     |          |              |      |     |     |      |          |      |            |          |        |           |     |     |      |      |         |      |       |       |  |

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|