



**PLAN ENTRAÎNEMENT SEMI MARATHON**  
**2 SEANCES PAR SEMAINE**  
**OBJECTIF ENTRE 1H55 ET 2H15**

	<b>SEMAINE 1</b>	<b>SEMAINE 2</b>	<b>SEMAINE 3</b>	<b>SEMAINE 4</b>
<b>MERCREDI</b>	20 MN DOUCEMENT + ETIREMENTS +10 ACCELERATIONS PROGRESSIVES SUR 100M +10 MN RECUP	20 MN DOUCEMENT + 10 MN EN ACCELERATION PROGRESSIVE + 5MN DOUCEMENT +20MN ACCELERATION PROGRESSIVE + ETIREMENTS	20 MN DOUCEMENT +3X100M EN ACCELERATION PROGRESSIVE, RECUP 30s ENTRE CHAQUE 100 M +20MN ALLURE MARATHON + 10MN RECUP + ETIREMENTS	20 MN DOUCEMENT +15 MN ACCELERATION PROGRESSIVE +5 MN DOUCEMENT +5X 1MN, RECUP 1MN +10MN RECUP + ETIREMENTS
<b>DIMANCHE</b>	30 MN DOUCEMENT + 20MN ACCELERATION PROGRESSIVE + ETIREMENTS	40 MN DOUCEMENT + 8X 30s, RECUP 30s +10M RECUP + ETIREMENTS	45 MN DOUCEMENT + 30MN ALLURE SEMI MARATHON + 15MN DOUCEMENT + ETIREMENTS	30MN DOUCEMENT + 45MN ALLURE SEMI MARATHON +10 MN RECUP + ETIREMENTS



# **PLAN ENTRAÎNEMENT SEMI MARATHON** **2 SEANCES PAR SEMAINE** **OBJECTIF ENTRE 1H55 ET 2H15**

	SEMAINE 5	SEMAINE 6	SEMAINE 7	SEMAINE 8
<b>MERCREDI</b>	20 MN DOUCEMENT + 20 MN ACCELERATION PROGRESSIVE + 2X5MN ALLURE 10KM RECUP 2MN + 10MN RECUP + ETIREMENTS	20 MN DOUCEMENT + 20 MN ACCELERATION PROGRESSIVE + 6MN 2MN DE RECUP + 4MN 1MN RECUP + 2MN 80%/85% 90% + 10MN RECUP + ETIREMENTS	20 MN DOUCEMENT +10 MN ACCELERATION PROGRESSIVE + 3X 3MN RECUP 1MN ENTRE CHAQUE ALLURE SEMI 15KM ET 10KM +10MN RECUP PROGRESSIVE + ETIREMENTS	20 MN DOUCEMENT + 5 MN EN ACCELERATION PROGRESSIVE + 5 MN DOUCEMENT + ETIREMENTS
<b>DIMANCHE</b>	30MN DOUCEMENT + 1H ALLURE SEMI +15MN COOL + ETIREMENTS	30 DOUCEMENT + 45MN ALLURE SEMI + 15MN COOL + ETIREMENTS	30MN DOUCEMENT + 30MN ALLURE SEMI + 15MN COOL + ETIREMENTS	SEMI MARATHON