

# PROGRAMME PREPARATION PHYSIQUE - S20



## Planning

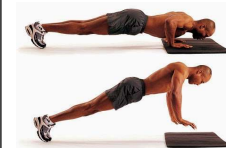
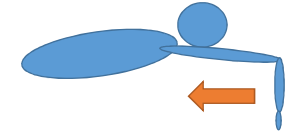
		lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
AM	P1	circuit scapula/hanche	circuit prévention épaules	circuit scapula/hanche	circuit prévention épaules	circuit scapula/hanche	abdo + gainage au choix	
	P2	CIRCUIT TRAINING : CT1 + CT2.	Vitesse/explosivité S2	CIRCUIT TRAINING : CT3 + CT4.	Vitesse/explosivité S1	CIRCUIT TRAINING : CT5 + CT6.		
PAUSE REPAS								
PM		<b>Activité collective : course à pied</b>	<b>Activité collective : vélo</b>	<b>Activité collective : course à pied</b>	OFF	Randonnée ou sortie cool V1 CAP/vélo	CIRCUIT TRAINING : CT6 + CT7.	
		CIRCUIT TRAINING : CT6.	CIRCUIT TRAINING : CT5.	CIRCUIT TRAINING : au choix.				
		stretching doux : 30sec statique	Entrainement cérébral NEURONATION : de nombreux exercices ludique pour muscler son cerveau sur ce lien <a href="http://www.neuronation.fr">www.neuronation.fr</a> (inscription gratuite)	automassage rouleau, bâton et/ou balle.	stretching + automassage rouleau, bâton et/ou balle	stretching doux : 30sec statique	Entrainement cérébral NEURONATION : de nombreux exercices ludique pour muscler son cerveau sur ce lien <a href="http://www.neuronation.fr">www.neuronation.fr</a> (inscription gratuite)	

**VITESSE/EXPLOSIVITE**

SEMAINE 18 - VITESSE/EXPLOSIVITE- 2 séances								
	Groupe musculaire	Nbr exos	Exercices	travail / repos	matériels	vitesse	objectifs	
S1	global	5	CMJ pieds joints	5x5 reps R1'	PC			
			fente jump (si blessé : fentes normales unilatérales)	5x10 reps R1'	PC			
			orientation PALE (main + avant-bras) et fixation du coude + poussée	5x8 reps R1'30	élastique			
			4x10 sec CAP sprint	R3'	PC			
S2	global	5	push ups sautées	5x5 reps R2'	PC	très rapide à explosive	stimuler commandes nerveuses/vitesse + explosivité	
			tirage buste penché	5x8 reps R1'30	élastique			
			box jump (ou chaise 3x 1min)	5x5 reps R1'30	PC			
			rétropulsion MB / medecine ball overhead throw	x2	3x5 reps, R1'30			medecin ball ou objet solide de quelques kilos
			4x10 sec CAP sprint		R3'			PC



rétropulsion élastique



box jump



medecin ball overhead throw

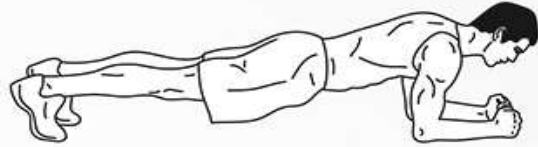


rétropulsion MB

## CIRCUIT TRAINING 1



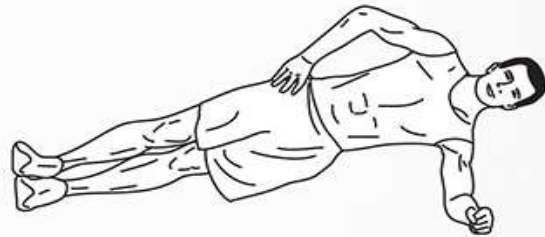
**20sec** full plank



**20sec** elbow plank



**20sec** raised leg plank  
10 seconds - each leg



**20sec** side plank  
10 seconds - each side



**20sec** full plank



**20sec** elbow plank

=> 5 tours  
démarrer à 20sec par exercice puis rajouter  
10sec à chaque tour.

## CIRCUIT TRAINING 2



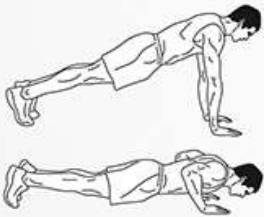
**20** squats



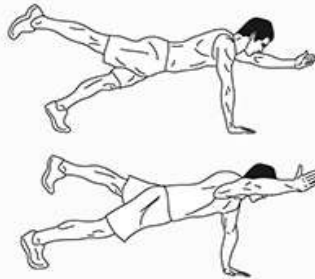
**10** jump squats



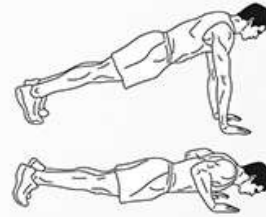
**20** squats



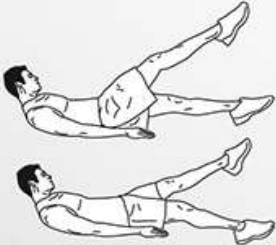
**15** push-ups



**10** alt arm / leg raises



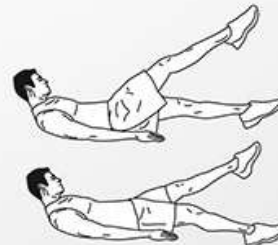
**15** push-ups



**20** flutter kicks



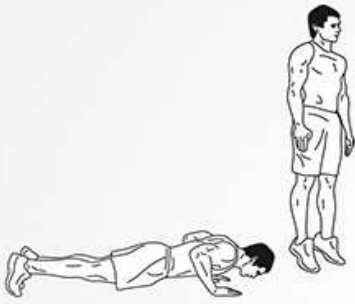
**10** leg raises



**20** flutter kicks

=> 5 à 7 tours. R2' après chaque tour

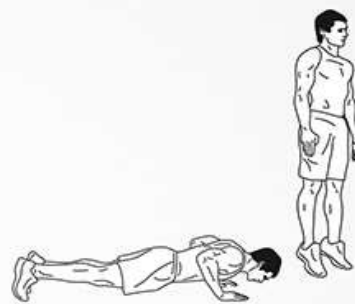
## CIRCUIT TRAINING 3



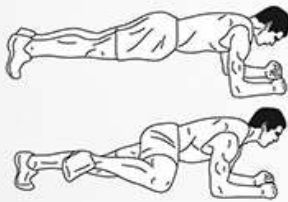
**4** burpees



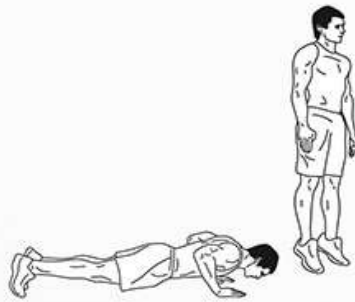
**10** plank rotations



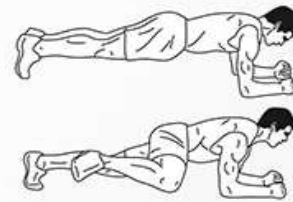
**4** burpees



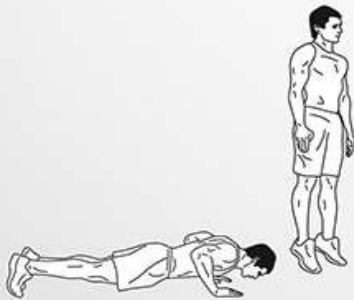
**10** plank crunches



**4** burpees



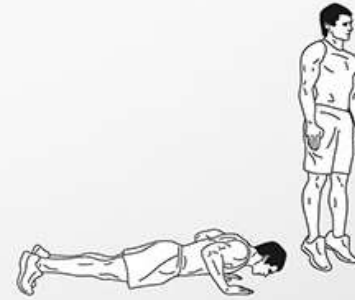
**10** plank crunches



**4** burpees



**10** plank rotations



**4** burpees

=> 5 à 7 tours. R2' après chaque tour.  
Ajouter 2 répétitions à chaque exercice après  
chaque tour.

## CIRCUIT TRAINING 4



**15sec** jumping jacks



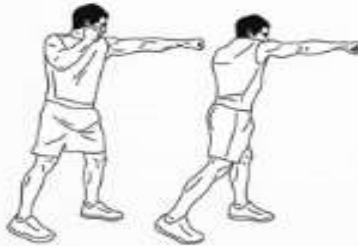
**15sec** push-ups



**15sec** basic burpees



**15sec** jumping jacks



**15sec** punches



**15sec** basic burpees



**15sec** jumping jacks



**15sec** push-ups



**15sec** basic burpees

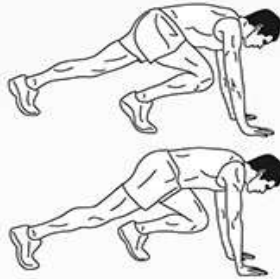
=> 6 tours. R2' après chaque tour.  
1er tour à 15sec, 2e tour à 25sec et 3e tour à 35sec. L'ensemble 2x.



## CIRCUIT TRAINING 5



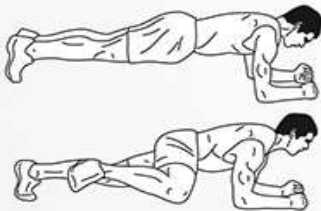
**20sec** high knees



**20sec** climbers



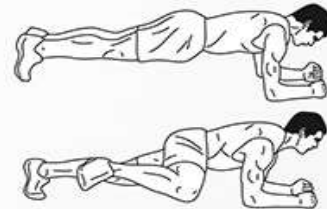
**20sec** high knees



**20sec** plank crunches



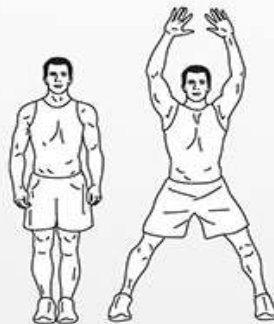
**20sec** plank hold



**20sec** plank crunches



**20sec** jump squats



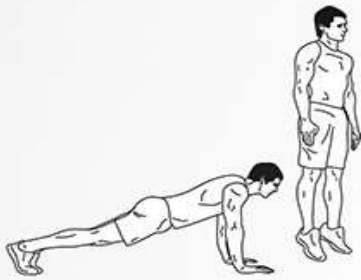
**20sec** jumping jacks



**20sec** jump squats

=> 6 tours. R2' après chaque tour.  
1er tour à 20sec, 2e tour à 30sec et 3e tour à  
40sec. L'ensemble 2x.

## CIRCUIT TRAINING 6



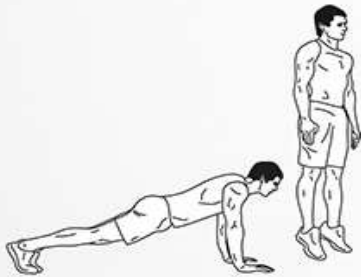
**20sec** basic burpees



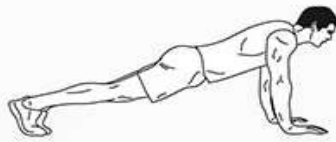
**10sec** plank hold



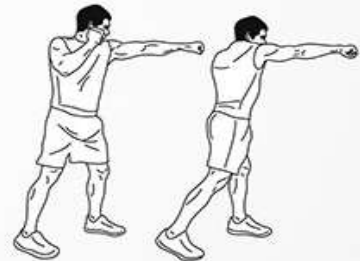
**30sec** elbow plank hold



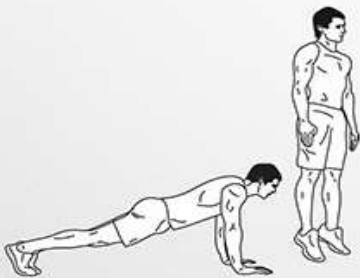
**20sec** basic burpees



**10sec** plank hold



**30sec** punches



**20sec** basic burpees



**10sec** plank hold



**30sec** elbow plank hold

=> 6 à 8 tours. R2' après chaque tour.



## CIRCUIT TRAINING 7



leg to chest stretch



legs back stretch



legs apart stretch



heel hold stretch



lunge back stretch



lunge tilt stretch



side stretches



wall bent over



wall body tilt

=> 3 tours. 30sec sur chaque côté. R2' entre chaque tour en respirant profondément par le ventre 5"/5".