

PROGRAMME PREPARATION PHYSIQUE - S21

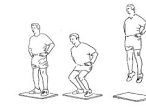


Planning

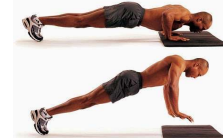
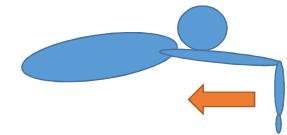
		lundi	mardi	mercredi	jeudi	vendredi	samedi	dimanche
AM	P1	circuit scapula/hanche	circuit prévention épaules	circuit scapula/hanche	OFF	OFF	circuit prévention épaules	
	P2	CIRCUIT GAINAGE S1	Vitesse/explosivité S1	CIRCUIT GAINAGE S2			CIRCUIT TRAINING : CT3 PUISSANCE	
PAUSE REPAS								
PM		Activité collective : course à pied	Activité collective : VTT	Activité collective : PPG	Vitesse/explosivité S2	CIRCUIT TRAINING : CT1 et/ou CT2.	CIRCUIT BRONZAGE	
		CIRCUIT TRAINING : CT1 abdos.		CIRCUIT TRAINING : CT2 gainage.				
		stretching doux : 30sec statique	stretching + automassage rouleau, bâton et/ou balle	automassage rouleau, bâton et/ou balle.	Entrainement cérébral NEURONATION : de nombreux exercices ludique pour muscler son cerveau sur ce lien www.neuronation.fr (inscription gratuite)	stretching doux : 30sec statique	Entrainement cérébral NEURONATION : de nombreux exercices ludique pour muscler son cerveau sur ce lien www.neuronation.fr (inscription gratuite)	

VITESSE/EXPLOSIVITE

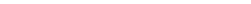
SEMAINE 21 - VITESSE/EXPLOSIVITE- 2 séances							
	Groupe musculaire	Nbr exos	Exercices	travail / repos	matériels	vitesse	objectifs
S1	global	5	CMJ pieds joints	5x5 reps R1'	PC		
			Epaulé jeté élastique	5x5 reps R1'	élastique		
			fente jump (si blessé : fentes normales unilatérales)	5x10 reps R1'	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		
			fentes jump sur box (si blessé : fentes alternées flèche)	5x8 reps R1'30	PC		







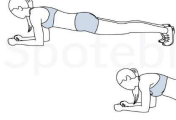













rétropulsion élastique



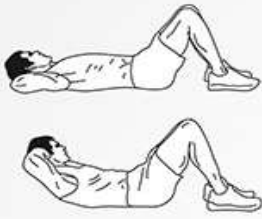
		jeté élastique	x2	5x5 reps, R1'30	élastique
		4 sprints CAP ou vélo : 8/10/12/15 sec		R2'	



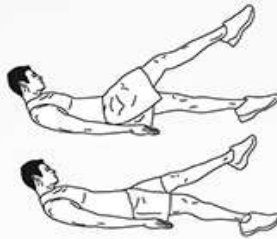
SEMAINE 21 - GAINAGE GLOBAL

Séances	Nbr exos	Exercices	travail / repos	matériels	vitesse	objectifs		
S1 : tronc	6	slideboard 3reps/3" statique	6 tours : 30/15" > 40/20" > 50/25".	serviette	dynamique et rythmée	renforcement et consolidation du tronc		
		planche rotation		PC				
		crabe						
		planche bascule D/G						
		planche appuis 4/2						
		planche bassin haut/bas						
Circuit Bronzage (4 faces)	4	banane flèche	30 sec		8 tours, R1' entre	PC	statique	renforcement sangle abdominale
		relevé de jambes latérales D	30 sec					
		relevé de jambes latérales G	30 sec					
		parachute	1 min					
S3 : tronc	6	up and down planks	3 tours : 30/15", R1' entre	PC	dynamique	renforcement centre du corps/posture		
		L-sit hold						
		back extensions 3 reps/3" statique						
		high crunches						
		knee to elbow crunches						
		sitting twits						

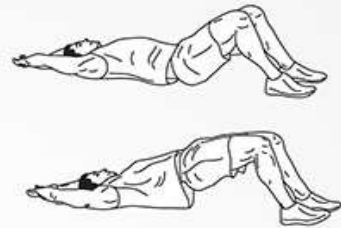
CIRCUIT TRAINING 1 abdos



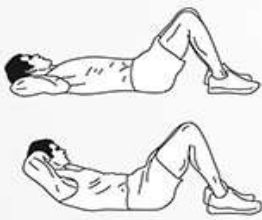
20 crunches



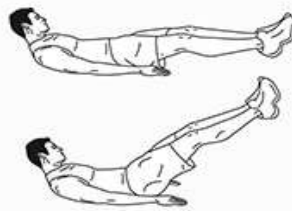
10 flutter kicks



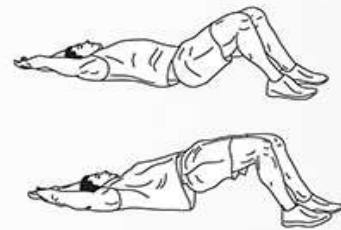
10 bridges



20 crunches



10 leg raises



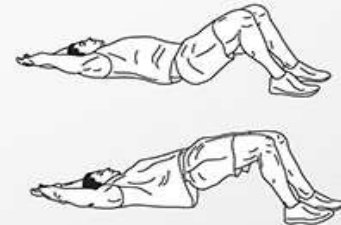
10 bridges



20 crunches



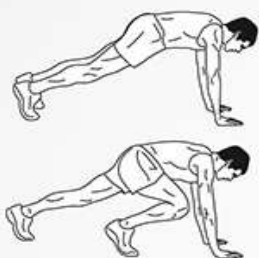
10 heel taps



10 bridges

=> 4 à 6 tours. R1' entre

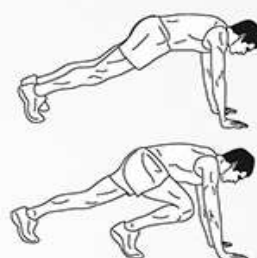
CIRCUIT TRAINING 2 gainage dynamique



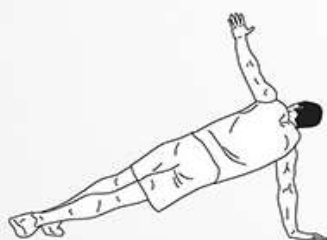
20sec climbers



20sec side plank hold



20sec climbers



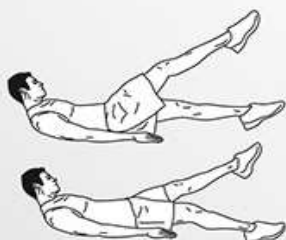
20sec side plank hold



20sec plank rotations



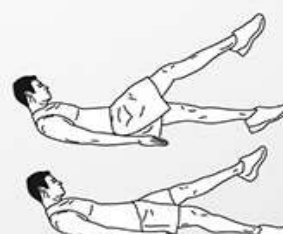
20sec side plank hold



20sec flutter kicks



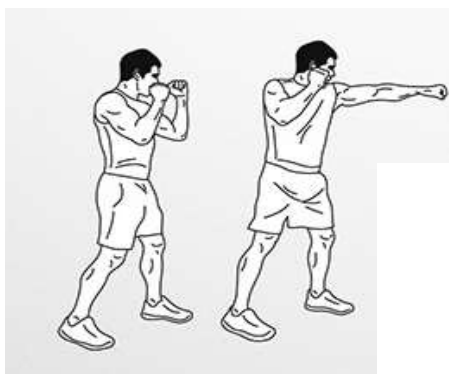
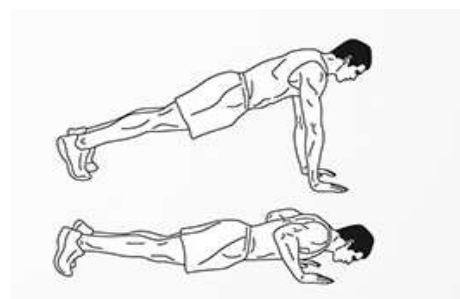
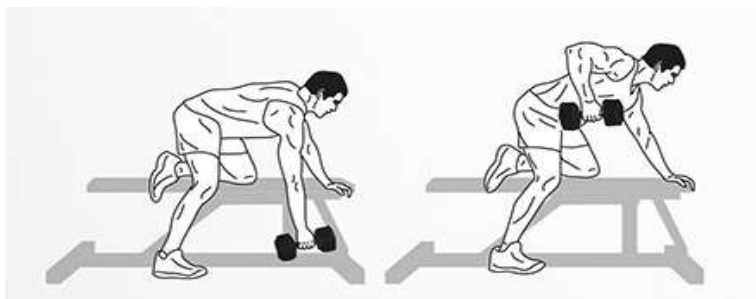
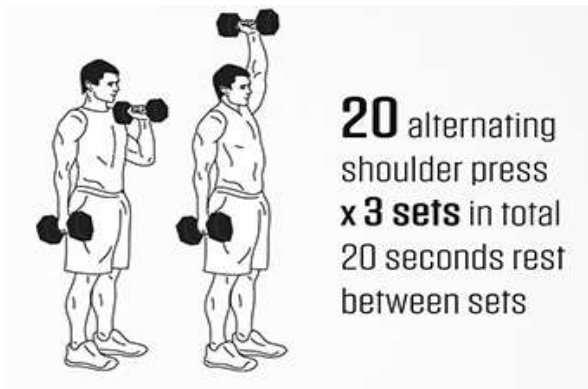
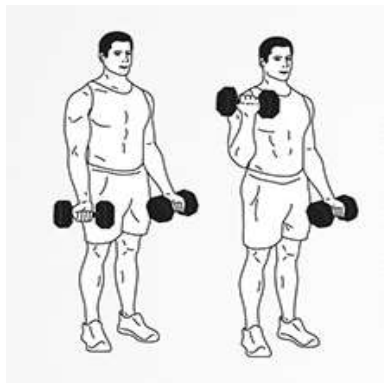
20sec side plank hold



20sec flutter kicks

=> 4 à 6 tours. 20/10" > 30/10" > 40/10"
R1' entre les tours.

CIRCUIT TRAINING 3 PUISSANCE



=> 4 à 6 tours.

BLOC 1 : chaque exercics (20 reps + 30" repos) x3.
BLOC 2 : chaque exercice (15 reps + 30" repos) x4 + rapide
BLOC 3 : chaque exercice (10 reps + 30" repos) x5 MAX

Matériels : bouteille d'eau ou poids 1-2 kg