

## Indoor Cycling

## Août

Lundi		6	13	20	27
11:30 <b>vélo Int.</b>		Low Interval	Endurance	Low Interval	Endurance
18:30		Low Interval	Endurance Intensive	High Interval	Endurance
Mardi		7	14	21	28
12:30		Low Interval	Endurance Intensive	High Interval	Endurance
19:30		Endurance	Low Interval	Endurance Intensive	High Interval
Mercredi		1	8	15	22
17:30	Low Interval	Endurance Intensive	Férialé	High Interval	Endurance
18:45	Endurance Intensive	High Interval	Férialé	Endurance	Low Interval
Jeudi		2	9	16	23
10:30 <b>vélo Int.</b>	Endurance	Low Interval	Endurance	Low Interval	Endurance
12:30	High Interval	Endurance	Low Interval	Endurance Intensive	High Interval
Vendredi		3	10	17	24
12:30	Endurance	Low Interval	Endurance Intensive	High Interval	Endurance
Samedi		4	11	18	25
10:00	Endurance	Low Interval	Endurance Intensive	High Interval	