

Indoor Cycling

Mars

Lundi		5	12	19	26
11:30 vélo Int.		Low Interval	Endurance	Low Interval	Endurance
18:30		Low Interval	Endurance Intensive	High Interval	Endurance
Mardi		6	13	20	27
12:30		Endurance	Low Interval	Endurance Intensive	High Interval
19:30		High Interval	Endurance	Low Interval	Endurance Intensive
Mercredi		7	14	21	28
17:30		Endurance	Low Interval	Endurance Intensive	High Interval
18:45		Low Interval	Endurance Intensive	High Interval	Endurance
Jeudi		1	8	15	22
10:30 vélo Int.	Endurance	Low Interval	Endurance	Low Interval	Endurance
12:30	High Interval	Endurance	Low Interval	Endurance Intensive	High Interval
Vendredi		2	9	16	23
12:30	Endurance Intensive	High Interval	Endurance	Low Interval	Endurance Intensive
Samedi		3	10	17	24
10:00	High Interval	Endurance	Low Interval	Endurance Intensive	High Interval