

1		2		3	
100c 50d 50b 100c 100d	400	200pull c	200	150pullc 50pulld 100pullc	300
200 pullc 5temps	200	100c 50d 100c 50b	300	100c5t 100b	200
100c 50d 50b 100c 100b	400	200 jbs 4n sans planche	200	100jbs 4n	100
200 jbs 4n	200	100 4n 50d 100 4n 50b	300	150pullc 50pullb 100pullc	300
150c 50d 150c 50b 150c 50p 100c 100 4n	800	200c 100d 200c 100b	600	100c7t 100d	200
(50c vite 50b) 3x	300	(50jbs vite 50jbs souple) 2x	200	100jbs 4n	100
200c pullplaq amplitude max	200	300c pullplaq 3/5/50m	300	(100c 50p 100d 100c 50p 100b) 2x	1000
(50c vite 50d) 3x	300	200c 100d 200c 100b	600	(50jbs p 50 jbs choix)2x	200
200c pullplaq amplitude max	200	200c pullplaq 3/7/50m	300	(250c 50d) 2x pullplaq	600
Total séance	3000	Total séance	3000	Total séance	3000
4		5		6	
200c pull 100 jbs sans planche	300	100c 100d 100jbs 4n	300	200c pull c	200
(50cratt 50cddslo 100 4n) 3x	600	100c 100b 100 jbs 4n	300	(50 jbs p 50 jbs d) 2x	200
200c pullc3/5/3/7 100 jbs choix	300	(50b+jbsp 50b 100c) 3x	600	200c pull c	200
(50cpoings 50cjetdo 100 4n) 3x	600	(50d+jbsp 50d 100c) 3x	600	(50 jbs b 50 jbs c) 2x	200
300c pullplaq en amplitude max	300	(25cpolo 75choix 100 4n) 3x	600	(50cratt 50c vite 100 choix)3x	600
(50d2b 50c 7 temps) 2x	200	200 pullplaq c jetdo	200	(100c5t 50d2b) 4x en pull	600
300c pullplaq en amplitude max	300	200 plaq dos	200	(200c 100d 200c 100b) en pullplaq	600
(50d 50c 9 temps) 2x	200	200 choix	200	100 4n 100d 100 4n 100b	400
200 choix	200				
Total séance	3000	Total séance	3000	Total séance	3000
7		8		9	
200 nage choix	200	50c 50d 50b 50c	200	200pullc 100 nagechoix	300
100d 100jbs 4n 100b 100pull 4n	400	200 pullc ddslo 3/5/3/7	200	200jbs4n 100 nagechoix	300
200pullc ddslo	200	(100c ampli max 25c vite 75 souple) 2x	400	(25cpoings 25c 25dpoings 25d 100 4n)2x	400
(50d2b 50b 100c) 3x en pullplaq	600	(25jbsvite 25jbs souple) 4x	200	(50pullcpieds croisés 50pullcjetdo)2x	200
50cbrastendus 50cddslo 2x100 4n 200d	500	200c 2x100 4n 200c 200 4n 200c 200 choix	1200	(50jbsvite 50jbs souple 100nagechoix)2x	400
50cbrastendus 50cddslo 200 4n 200b	500	(50c 5temps 50cjetdo 50d) 4x en pull plaq	600	150c 100d 50p 150c 100b 50p	600
(25 jbs vite 25 jbs souple) 4x	200	200choix	200	200 pullplaq c 100 plaq d 100nagechoix	400
(25c vite 75 souple) 4x	400			200 pullplaq c 100 plaq b 100nagechoix	400
Total séance	3000	Total séance	3000	Total séance	3000
10		11		12	
150pullc 50jbschoix 100cddslo	300	(150c 50d 150c 50b) en pull	400	50c 50d 50c 50b 100c 100d 100c 100b	600
150pullc 50jbschoix 100 4n	300	150c 50d2b 150c 50p	400	(25cpolo 75c 25p 75d) 3x en pull	600
(50b amplimax 25cpolo 25choix) 2x	200	(25jbs vite 25jbs souple) 4x	200	(50p 1xbras4xjbs 50choix) 2x	200
(50p+jbsb 50choix) 2x	200	(50cddlo 50c5t 50d2b 50d 100choix) 2x	600	(100cjetdo 50campli5temps 50b) 3x en pullplaq	600
400c pullplaq 3/5/50m	400	(25p 75d 25b 75c) 4x en pull	800	300c 100d 300c 100b	600
(25cvite 75choix) 4x	400	150c3/5/3 50d 150c3/7/3 50b	400	(100jbs 4n 100nage choix) 2x	400
(50d 50b 1004n) 2x	400	(25c vite 25 souple) 4x	200		
(25c apnee 25dos 50c) 4x en pullplaq	400				
(100c 1004n) 2x	400				
Total séance	3000	Total séance	3000	Total séance	3000
13		14		15	
100pullc 100 4n 50d 50b	300	(150c 50d 150c 50b) en pull	400	50c 100d 150b 100jbschoix	400
100pullc 100jbs4n 100 choix	300	100jbs4n 100 4n 100jbsc 100c	400	50c 100b 150d 100jbschoix	400
(50jbsd 50pulld 25d vite 75choix) 2x	400	(50cpoings 50cddlo 50c vite 50choix)2x	400	(25cvite 25csouple 50b)2x	200
(100c5t 50d 100c7t 50b)2x	600	100c 100d 200c 200 4n	600	200c3/5 50d 200c3/7 50b	500
(50jbsp 50pullp 25pvite 75choix)2x	400	100c 100b 200c 200 4n	600	150campli 100d 150campli 100b	500
200c 100 4n 100c 200 4n	600	(25jbs vite 75jbs souple) 2x	200	(50cvite 50souple 100pull)2x	400
(50campli 50d) 4x en pullplaq	400	(50cjetdo 50b 100d) 2x en pullplaq	400	(100c 100d) 3x en pullplaq	600
Total séance	3000	Total séance	3000	Total séance	3000