

PROGRAMME STAGE FEVRIER - SEMAINE 7

PROGRAMME D'ENTRAINEMENT SUR GLACE

	LUNDI 11/02	MARDI 12/02	MERCREDI 13/02	JEUDI 14/02	VENDREDI 15/02		SAMEDI 16/02
6H30 – 8H	INTER-REGIONAL	INTER-REGIONAL	INTER-REGIONAL	COMPETITION cadet – junior - senior	COMPETITION minime	7H – 8H	POUSSIN & INTERCLUB
8H – 9H30	AVENIR	PREPARATOIRE	AVENIR	BENJAMIN	BENJAMIN	8H – 9H	SPIN ICE + SPIN HYPE
12H – 13H	PREPARATOIRE	AVENIR	PREPARATOIRE	COMPETITION minime	COMPETITION cadet – junior - senior	9H – 10H	INITIATION SESSION DE TESTS
13H – 14H	POUSSIN & INTERCLUB	POUSSIN & INTERCLUB	POUSSIN & INTERCLUB	COMPETITION minime	COMPETITION cadet – junior - senior		

PROGRAMME D'ENTRAINEMENT AU SOL – P.P.G./PAUSE DEJEUNER

LUNDI 11/02	MARDI 12/02		MERCREDI 13/02		JEUDI 14/02		VENDREDI 15/02	
9H45-10H45 ENDURANCE AVENIR & INTER-REGIONAL <i>Caroline-Elodie</i>	9H45-10H45 SOUPLESSE PREPARATOIRE <i>Caroline</i>	9H45-10H45 VIDEO INTER-REGIONAL <i>Guillaume</i>	9H45-10H45 EXPLOSIVITE INTER-REGIONAL <i>Elodie</i>	9H45-10H45 ENDURANCE AVENIR <i>Caroline</i>	9H45-10H45 ENDURANCE COMPETITION cadet – junior – senior <i>Caroline</i>	9H45-10H45 SOUPLESSE BENJAMIN <i>Elodie</i>	9H45-10H45 SOUPLESSE COMPETITION minime <i>Elodie</i>	9H45-10H45 EXPLOSIVITE- VELOCITE BENJAMIN <i>Caroline</i>
10H45-11H45 EXPLOSIVITE-VELOCITE PREPARATOIRE & POUSSIN & INTERCLUB <i>Caroline-Elodie</i>	10H30-11H30 SOUPLESSE AVENIR & POUSSIN & INTERCLUB <i>Elodie</i>		10H15-11H15 P.P.G. PREPARATOIRE <i>Guillaume</i>	10H45-11H45 EXPLOSIVITE- VELOCITE POUSSIN & INTERCLUB <i>Caroline</i>	10H15-11H15 EXPLOSIVITE-VELOCITE MINIME <i>Guillaume</i>		10H15-11H15 EXPLOSIVITE-VELOCITE COMPETITION cadet – junior – senior <i>Guillaume</i>	
11H45-12H45 REPAS POUSSIN & INTERCLUB	11H30-11H50 REPAS AVENIR	11H30-12H45 REPAS POUSSIN	11H15-11H45 REPAS PREPARATOIRE	11H45-12H45 REPAS POUSSIN & INTERCLUB	11H15-11H45 REPAS MINIME		11H15-11H45 REPAS COMPETITION cadet – junior – senior	

PROGRAMME STAGE FEVRIER - SEMAINE 8

PROGRAMME D'ENTRAINEMENT SUR GLACE

	LUNDI 18/02	MARDI 19/02	MERCREDI 20/02	JEUDI 21/02	VENREDI 22/02		SAMEDI 23/02
6H30 – 8H	INTER-REGIONAL	COMPETITION	INTER-REGIONAL	COMPETITION	COMPETITION	7H – 8H	POUSSIN & INTERCLUB
8H – 9H30	BENJAMIN	INTER-REGIONAL	BENJAMIN	PREPARATOIRE	AVENIR	8H – 9H	SPIN ICE & SPIN HYPE
12H – 13H	COMPETITION	BENJAMIN	COMPETITION	AVENIR	PREPARATOIRE	9H – 10H	INITIATION SESSION DE TESTS
13H – 14H	COMPETITION	BENJAMIN	COMPETITION	POUSSIN & INTERCLUB	POUSSIN & INTERCLUB		

PROGRAMME D'ENTRAINEMENT AU SOL – P.P.G./PAUSE DEJEUNER

LUNDI 18/02	MARDI 19/02	MERCREDI 20/02	JEUDI 21/02	VENREDI 22/02
9H45-10H45 SOUPLESSE BENJAMIN <i>Elodie</i>	9h45-10H45 EXPLOSIVITE-VIVACITE INTER-REGIONAL <i>Caroline</i>	9H45-11H VIDEO BENJAMIN <i>Guillaume</i>	9H45-10H45 EXPLOSIVITE-VIVACITE PREPARATOIRE & AVENIR <i>Caroline-Elodie</i>	9H45-10H45 SOUPLESSE AVENIR & PREPARATOIRE <i>Caroline</i>
10H-11H SOUPLESSE COMPETITION <i>Caroline</i>	9H45-11H VIDEO COMPETITION <i>Guillaume</i>	10H-11H MUSCULATION COMPETITION <i>Caroline</i>	9H45-10H45 EXPLOSIVITE-VIVACITE COMPETITION <i>Guillaume</i>	9H45-11H VIDEO COMPETITION <i>Guillaume</i>
11H15-11H45 REPAS COMPETITION	10H-11H EXPLOSIVITE-VIVACITE BENJAMIN <i>Elodie</i>	11H-11H45 REPAS COMPETITION	10H45-11H45 EXPLOSIVITE-VIVACITE POUSSIN & INTERCLUB <i>Guillaume</i>	10H45-11H45 SOUPLESSE POUSSIN & INTERCLUB <i>Elodie</i>
	11H-12H ENDURANCE COMPETITION <i>Elodie</i>	14H-15H VIDEO COMPETITION <i>Caroline-Guillaume</i>	11H-11H45 REPAS AVENIR	11H-12H ENDURANCE COMPETITION <i>Caroline</i>
	11H-11H45 REPAS BENJAMIN		12H-12H45 REPAS POUSSIN & INTERCLUB	11H-11H45 REPAS PREPARATOIRE
				12H-12H45 REPAS POUSSIN