

DE LA MARCHÉ À LA COURSE À PIED

en 30 jours

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|--|--|--|--|--|
| 01 4mn marche 1mn course 3 reps | 02 4mn marche 1mn course 4 reps | 03 2mn marche 2mn course 2 reps | 04 15mn marche | 05 1mn marche 10s sprint 5 reps |
| 06 2mn marche 2mn course 3 reps | 07 3mn marche 2mn course 3 reps | 08 15mn marche | 09 2mn marche 2mn course 4 reps | 10 1mn marche 10s sprint 5 reps |
| 11 5mn marche 2mn course 4 reps | 12 15mn marche | 13 2mn marche 3mn course 3 reps | 14 2mn marche 2mn course 4 reps | 15 2mn marche 20s sprint 5 reps |
| 16 15mn marche | 17 3mn marche 3mn course 4 reps | 18 2mn marche 3mn course 4 reps | 19 5mn marche 3mn course 5 reps | 20 20mn marche |
| 21 2mn marche 3mn course 6 reps | 22 5mn marche 2mn course 3 reps | 23 2mn marche 2mn course 3 reps | 24 15mn marche | 25 2mn marche 25s sprint 5 reps |
| 26 1mn marche 5mn course 4 reps | 27 2mn marche 3mn course 6 reps | 28 15mn marche | 29 5mn marche 5mn course 3 reps | 30 2mn marche 30s sprint 6 reps |