

| S38 - CDF / ESPOIRS - EN SAISON COMPETITION | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------------------------------------------|--------------------------------------|-----------------------------------------------------------------------|---------------|-----------------|------------------|--------------------------------|------------------------------------------|---------------------------|---------------------|----------------|----------|-----------------|-------------------|---------------------------------|-------------------------------------------|--------------------|-----------------------|-----------------------|---------------|----------------------|-------------------|----------------------|--|-------|-------|-------|--|--|--|--|--|
| Du 19 au 25 octobre | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Répartition des joueurs | lundi 19 octobre (match le dimanche) | | | | mardi 20 octobre | | | | mercredi 21 octobre | | | | jeudi 22 octobre | | | | vendredi 23 octobre | | | | samedi | dimanche | | | | | | | | | |
| | HEURES | Avants | Arrières | BLESSE / ADAPTE | HEURES | Avants | Arrières | BLESSE / ADAPTE | HEURES | Avants | Arrières | BLESSE / ADAPTE | HEURES | Avants | Arrières | BLESSE / ADAPTE | HEURES | Avants | Arrières | HORS GROUPE | | DEPART 5H PARKING | | | | | | | | | |
| | 08:00 | | | | 08:00 | | | | 08:00 | | | | 08:00 | | | | 08:00 | | | | | | | | | | | | | | |
| | 08:15 | | | | 08:15 | | | | 08:15 | | | | 08:15 | | | | 08:15 | | | | | | | | | | | | | | |
| CENTRE DE FORMATION | 08:30 | | | | 08:30 | | | | 08:30 | | | | 08:30 | | | | 08:30 | | | | | | | | | | | | | | |
| | 08:45 | | | | 08:45 | | | | 08:45 | | | | 08:45 | DOMEK | | | 08:45 | | | | | | | | | | | | | | |
| | 09:00 | ECOLE | | | 09:00 | ECOLE | | | 09:00 | ECOLE | | | 09:00 | | | | 09:00 | | | | | | | | | | | | | | |
| | 09:15 | COURS | | | 09:15 | STADE LA PLAIN MAYREVIEILLE | | | 09:15 | COURS | | | 09:15 | MUSCU Avants | | MUSCU Blessés | 09:15 | | | | | | | | | | | | | | |
| | 09:30 | | | | | | | | | | | | | 09:30 | | | | 09:30 | | | | 09:30 | | | | 09:30 | | | | | |
| | 09:45 | | | | | | | | | | | | | 09:45 | | | | 09:45 | | | | 09:45 | | | | 09:45 | | | | | |
| | 10:00 | | | | | | | | | | | | | 10:00 | MOBILITE / ACTIVATION | | 10:00 | | | | 10:00 | | | | 10:00 | | | | | | |
| | 10:15 | | | | | | | | | | | | | 10:15 | TECHNIQUE DE COURSE / AGILITE | | 10:15 | | | | 10:15 | | | | 10:15 | | | | | | |
| | 10:30 | | | | | | | | | | | | | 10:30 | | | | 10:30 | | | | 10:30 | | | | 10:30 | | | | | |
| | 10:45 | | | | 10:45 | | | | 10:45 | | | | 10:45 | | | | 10:45 | | | | | | | | | | | | | | |
| | 11:00 | | | | 11:00 | SKILLS | REATHLE TERRAIN | 11:00 | | | | 11:00 | | | | 11:00 | STADE DE MONTREDON | | | 11:00 | | | | | | | | | | | |
| | 11:15 | | | | 11:15 | | | 11:15 | | | | 11:15 | | | | 11:15 | MOBILITE / ACTIVATION | | | 11:15 | MUSCU OPTIONNELLE | | | | | | | | | | |
| | 11:30 | | | | 11:30 | | | 11:30 | | | | 11:30 | COLLECTIF VITESSE | | REATHLE TERRAIN | 11:30 | | | | 11:30 | | | | | | | | | | | |
| | 11:45 | | | | 11:45 | | | 11:45 | | | | 11:45 | | | | 11:45 | | | | 11:45 | | | | | | | | | | | |
| | 12:00 | REPAS CHEZ SOI | | | 12:00 | REPAS CHEZ SOI | | | 12:00 | REPAS CHEZ SOI | | | 12:00 | SEPRE | SEPRE | REATHLE TERRAIN | 12:00 | REPAS CHEZ SOI | | | | | | | | | | | | | |
| | 12:30 | | | | 12:30 | | | | 12:30 | | | | 12:30 | | | | 12:30 | | | | 12:30 | | | | | | | | | | |
| | 13:00 | | | | 13:00 | | | | 13:00 | | | | 13:00 | REPAS OBLIGATOIRE TOUS ENSEMBLE | | | 13:00 | | | | 13:00 | | | | | | | | | | |
| | 13:30 | | | | 13:30 | | | | 13:30 | | | | 13:30 | | | | 13:30 | | | | 13:30 | | | | | | | | | | |
| | 14:00 | | | | 14:00 | | | | 14:00 | ECOLE | | | 14:00 | | | | 14:00 | | | | 14:00 | | | | | | | | | | |
| | 14:15 | | | | 14:15 | | | | 14:15 | COURS | | | 14:15 | | | | 14:15 | | | | 14:15 | | | | | | | | | | |
| | 14:30 | | | | 14:30 | | | | 14:30 | | | | | | | 14:30 | | | | 14:30 | | | | 14:30 | | | | | | | |
| | 14:45 | | | | 14:45 | | | | 14:45 | | | | | | | 14:45 | | | | 14:45 | | | | 14:45 | | | | | | | |
| | 15:00 | | | | 15:00 | | | | 15:00 | | | | | | | 15:00 | | | | 15:00 | | | | 15:00 | | | | | | | |
| | 15:15 | | | | 15:15 | | | | 15:15 | | | | | | | 15:15 | | | | 15:15 | | | | 15:15 | | | | | | | |
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| | 15:45 | | | | 15:45 | | | | 15:45 | | | | 15:45 | | | | 15:45 | | | | 15:45 | | | | | | | | | | |
| | 16:00 | | | | 16:00 | SALLE DOMEK / ANNEXE DOMEK | | | 16:00 | | | | 16:00 | | | | 16:00 | | | | 16:00 | | | | | | | | | | |
| | 16:15 | ESPACE USC | | DOMEK | 16:15 | SEPRE RUGBY | MUSCU | MUSCU BLESSES ARRIERES | 16:15 | | | | 16:15 | | | | 16:15 | MUSCU OPTIONNELLE | | MUSCU OBLIGATOIRE | 16:15 | | | | | | | | | | |
| | 16:30 | VIDEO COLLECTIVE RETOUR MATCH | | MUSCU | 16:30 | | | | 16:30 | | | | 16:30 | | | | 16:30 | | | | 16:30 | | | | | | | | | | |
| | 16:45 | | | | 16:45 | | | | 16:45 | | | | 16:45 | | | | 16:45 | STADE DE GRAZAILLES | | | 16:45 | | | | | | | | | | |
| | 17:00 | | | | 17:00 | | | | 17:00 | | | | 17:00 | | | | 17:00 | MOBILITE / ACTIVATION | | | 17:00 | | | | | | | | | | |
| | 17:15 | SALLE DOMEK | | | 17:15 | | | | 17:15 | | | | 17:15 | | | | 17:15 | EXPLOSIVITE | | | 17:15 | | | | | | | | | | |
| | 17:30 | MUSCU / RECUP | VIDEO INDIV | CARDIO | 17:30 | MUSCU | SEPRE RUGBY | MUSCU BLESSES AVANTS | 17:30 | | | | 17:30 | | | | 17:30 | MISE EN PLACE | | PHYSIQUE TERRAIN | 17:30 | | | | | | | | | | |
| | 17:45 | | | | 17:45 | | | | 17:45 | | | | 17:45 | | | | 17:45 | | | | 17:45 | | | | | | | | | | |
| | 18:00 | | | | 18:00 | | | | 18:00 | | | | 18:00 | | | | 18:00 | | | | 18:00 | | | | | | | | | | |
| | 18:15 | | | | 18:15 | STADE LA PLAIN MAYREVIEILLE | | | 18:15 | | | | 18:15 | | | | 18:15 | | | | 18:15 | | | | | | | | | | |
| | 18:30 | | | | 18:30 | | | | 18:30 | | | | 18:30 | | | | 18:30 | | | | 18:30 | | | | | | | | | | |
| | 18:45 | VIDEO INDIV | MUSCU / RECUP | | 18:45 | COLLECTIF VOLUME | | PHYSIQUE TERRAIN | 18:45 | | | | 18:45 | | | | 18:45 | | | | 18:45 | | | | | | | | | | |
| | 19:00 | | | | 19:00 | | | | 19:00 | | | | 19:00 | | | | 19:00 | | | | 19:00 | | | | | | | | | | |
| | 19:15 | | | | 19:15 | | | | 19:15 | | | | 19:15 | | | | 19:15 | | | | 19:15 | | | | | | | | | | |
| | 19:30 | | | | 19:30 | | | | 19:30 | | | | 19:30 | | | | 19:30 | | | | 19:30 | | | | | | | | | | |
| | 19:45 | | | | 19:45 | | | | 19:45 | | | | 19:45 | | | | 19:45 | | | | 19:45 | | | | | | | | | | |
| CONTENU DE SEANCE | Contenu du jour | muscu / pp | terrain | divers | Contenu du jour | muscu / pp | terrain | divers | Contenu du jour | muscu / pp | terrain | divers | Contenu du jour | muscu / pp | terrain | divers | Contenu du jour | muscu / pp | terrain | divers | | | | | | | | | | | |
| | | Stretch / Mobilisé / Automassage / Récup active basse intensité | | | | Muscu FULL BODY | Objectif de m/min / distance au total | | | | | | | HALTEROPHILIE | Objectif de distance à haute intensité | | | HYPERTROPHE HDC | Mise en place | | | | | | | | | | | | |



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