

**Groupe :** Merci de faire attention à votre groupe d'entraînement :

L'ensemble des entraînements auront lieu à la piscine Lothaire, que ce soit en natation, course à pied, Run&Bike ou vélo route.

Semaine 1

ECOLE DE TRI AMBITION	■	AVENIR 1 AMBITION PERF	■	AVENIR 2 JEUNE PERF	■
<b>Lundi 21/10</b>		Natation	8h00-10h00	■ ■ ■ ■ ■	
		Course à pied	10h00-11h00	■ ■ ■ ■ ■	
<b>Mardi 22/10</b>		Natation	8h00-10h00	■ ■ ■ ■ ■	
<b>Mercredi 23/10</b>		Natation	8h00-10h00		■ ■ ■
		Natation	14h00-15h30	■ ■ ■	
		Course à pied	15h30-17h00	■ ■ ■	
<b>Jeudi 24/10</b>		Natation	8h00-10h00	■ ■ ■ ■ ■	
<b>Vendredi 25/10</b>		Natation	8h00-10h00	■ ■ ■ ■ ■	
		Course à pied	10h00-11h00	■ ■ ■ ■ ■	
<b>Samedi 26/10</b>		Run&Bike	10h30-12h00	■ ■ ■ ■	
		Vélo route	14h00-16h00	■ ■ ■ ■ ■	

Semaine 2

ECOLE DE TRI AMBITION	<span style="color: lightblue;">■</span> Avenir 1 <span style="color: green;">■</span> Ambition Perf	<span style="color: blue;">■</span> Avenir 2 <span style="color: magenta;">■</span> Jeune Perf	<span style="color: orange;">■</span> <span style="color: yellow;">■</span>
<b>Lundi 28/10</b>	Natation	8h00-10h00	<span style="color: blue;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: magenta;">■</span> <span style="color: yellow;">■</span>
	Course à pied	10h00-11h00	<span style="color: blue;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: magenta;">■</span> <span style="color: yellow;">■</span>
<b>Mardi 29/10</b>	Natation	8h00-10h00	<span style="color: blue;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: magenta;">■</span> <span style="color: yellow;">■</span>
<b>Mercredi 30/10</b>	Natation	8h00-10h00	<span style="color: green;">■</span> <span style="color: magenta;">■</span> <span style="color: yellow;">■</span>
	Natation	14h00-15h30	<span style="color: lightblue;">■</span> <span style="color: blue;">■</span> <span style="color: orange;">■</span>
	Course à pied	15h30-17h00	<span style="color: lightblue;">■</span> <span style="color: blue;">■</span> <span style="color: orange;">■</span>
<b>Jeudi 31/10</b>	Natation	8h00-10h00	<span style="color: blue;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: magenta;">■</span> <span style="color: yellow;">■</span>
<b>Vendredi 1/11</b>	AUCUN ENTRAINEMENT		
<b>Samedi 2/11</b>	Run&Bike	10h30-12h00	<span style="color: lightblue;">■</span> <span style="color: blue;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span>
	Vélo route	14h00-16h00	<span style="color: blue;">■</span> <span style="color: orange;">■</span> <span style="color: green;">■</span> <span style="color: magenta;">■</span> <span style="color: yellow;">■</span>