

Pinich 82

TRAIL FOR HER
with Sissi Cussot





TRAIL FOR HER 20 K

with *Sissi Cussot*

PART. 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATHURDAY	SUNDAY
W 1	 30' slow	OFF	 45' slow 10x : 30" gradual acceleration 30" very slow	OFF	 roller stretching	 1h30 hilly 30' strengthening cladding for trail	 1h hilly
W 2	 roller stretching	 15' slow 10' ranges 5x 1' fast / 1' slow 10' slow	 Strengthening for trail	OFF	 10' slow 10' jump rope 2x6' fast running pace rest=3' between sets 10' slow	OFF	 1h30 hilly
W 3	 15' very slow 10' fast running pace 15' very slow	OFF	 10' slow 10' ranges 5x : (1' very fast, 1' very slow) 10' slow	OFF	 roller stretching	 10 kilometers of fast run	 1h30 hilly
W 4	 10' slow 10' jump rope 6x400m (on track) fast, Rest 200m 10' slow	OFF	 Strengthening for trail	 1h slow	OFF	 1h30	 15 hilly kilometers
W 5	 roller stretching	 10' slow 2x (6x30" very fast /30" very slow) 10' slow	OFF	 15' very slow 15' fast running pace 15' very slow	OFF	 10' slow 5' fast 10' of uphill Rest in descent	 1h30
W 6	 roller stretching	 Strengthening for trail	 10' slow 10' : 30" fast / 30" slow 5' slow	OFF	OFF	 1h30	 2h hilly hiking/trail



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PART. 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATHURDAY	SUNDAY
W 7	roller stretching	10' slow 5' fast 8x (30'' very fast/ 30'' walk) Rest 5' slow 8x (30'' very fast/ 30'' walk) Rest 5' slow 10' slow	OFF	10' slow 4 x (1' mountain climbers, 3' very fast in uphill, rest in descent) 10' slow	OFF	OFF	20' slow 2 x 1' squat, rest 30'' walk, 20' fast) 2x2' squat, rest 30'' walk 20' slow 2x1' squat, rest 30'' walk
W 8	roller stretching	10' slow 10' gammes 6x 1000m fast Rest 1'30 or 2' 5' slow	Strengthening for trail	OFF	<u>Uphill session :</u> 20' slow 10' very fast Rest in descent very slow 5' slow	roller stretching	3h hilly
W 9	10' slow 5' fast 8x (1' fast/ 1' slow/ 30'' very fast/ 30'' walk)	Strengthening for trail	10' slow 4x (1' squat, 1' chair, 1' rest) 10' fast 5' slow	roller stretching	OFF	<u>Stairs climbing or step :</u> 10' fast, 4x (5' uphill or step/ 2' rest or descent) 20' slow	1h hilly 1h30
W 10	45' slow 6x20'' very fast	Strengthening	5' slow 1' jump squats 6x (30'' fast/ 30'' slow) 5' slow	OFF	roller stretching	1h hilly	1h45 hilly 1h
W 11	10x 45'' uphill Rest in descent	OFF	5x (4' fast, 2' slow or walk)	OFF	1h30 calm running pace	OFF	1h30 footing
W 12	10' slow 4x (30'' very fast/ 2' fast, 1' walk)	OFF	1h30 bike OR 45' run	OFF	10' fast, 5x (20'' fast/ 20'' slow) 5' slow	OFF	GO GIRL MAURITIUS BY UTMB®



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FURTHERS

For all sessions :

Warm-up approximately 10' :

- 5' footing,
- Ranges 10',
- 4 - 5 gradual accelerations,
- Mobilisation :
ankle, knee, hip,
- Short stretches :
ischios, quadriceps, calves.

Recovery :

- 5' slow jog,
- gentle stretching 5" per posture.

Strengthening for trail

Pompes x15	Extensions mollets x15
Tipping 30"	Chaise 30"
Superman x15	Levé de genoux x15
Mountain climbers 30"	Abdos twists x20
Gainage 30"	Jumping jacks 30"
Squats x15	



RANGES

20" effort/ 20" recovery :

- Knee raises,
- Bum heels,
- Scissors,
- Chased steps.
- Frog jumps.

CAPTIONS



BIKE



SESSION WITH SQUATS



HIKING/TRAIL



STRENGTHENING



RUNNING



STRETCHING

X' = X minutes

X" = X seconds