

Pinich 82

**TRAIL FOR HER**  
*with Sissi Cussot*





# TRAIL FOR HER 50 K

with *Sissi Cussot*

	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 3' rest between series 10' slow	1h slow	1h30 hilly
W 3	15' very slow 10' fast 15' very slow	OFF	10' slow 10' ranges 5x (1' very fast, 1' very slow) 10' slow	OFF	roller stretching	10 kilometers sustained pace	30' slow 1h30 hilly 30' slow
W 4	10' slow 10' Jump rope 6x400 meters (on track) fast, Rest 200 meters 10' slow	OFF	Strengthening for trail	1h quiet	Strengthening for trail	1h30	15 kilometers hilly run
W 5	roller stretching	10' slow 2x (6x30'' very fast/ 30'' very slow) 10' slow	OFF	20' very slow 20' fast 20' very slow	OFF	10' slow 5' fast 3x 10' uphill Rest in descent 10' slow	1h30
W 6	roller stretching	Strengthening for trail	10' slow 10' 30'' fast / 30'' slow 10' slow	OFF	OFF	1h30	2h30 hilly hiking/trail



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	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' fast uphill, rest in descent) 10' slow	OFF	1h slow Strengthening cladding	20' slow 2x1' 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' ranges 6x 1000 meters fast Rest = 1'30 - 2' 5' slow	Strengthening for trail	OFF	<u>Stairs climbing :</u> 20' slow 10' uphill 20 meters very fast Rest in descent very slow 20' slow	roller stretching	4h hilly
W 9	10' slow 5' fast 8x [1' fast/ 1' slow/ 30'' very fast/30'' walk] 10' slow	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	1h30 hilly 1h30
W 10	1h slow 6x20'' very fast	Strengthening	5' slow 1' jump squats 6x (30'' fast, 30'' slow) 5' slow 1' squat 6x (30'' fast, 30'' slow) 5' slow	OFF	roller stretching	1h hilly	2h hilly 1h
W 11	roller stretching	OFF	10' slow 5x (4' fast, 2' slow/walk) 5' slow	OFF	45' slow 10x (30'' very fast, 30'' slow)	OFF	1h30
W 12	10' slow 4x (30'' very fast, 2' fast/1' walk) 5' slow	1h30	OFF	OFF	<u>Race Eve :</u> 10' fast, 5x (20'' fast/ 20'' slow) 5' slow	<b>GO GIRL</b> 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