



| mars-20 | Date              | 1                               | 2                            | 3                            | 4 | 5                           | 6                              | 7                              | 8                           | 9                           | 10 | 11                             | 12                      | 13                          | 14                    | 15                          | 16 | 17                          | 18 | 19 | 20                       | 21 | 22                      | 23                          | 24                        | 25                        | 26 | 27                          | 28 | 29                          | 30                             | 31 |
|---------|-------------------|---------------------------------|------------------------------|------------------------------|---|-----------------------------|--------------------------------|--------------------------------|-----------------------------|-----------------------------|----|--------------------------------|-------------------------|-----------------------------|-----------------------|-----------------------------|----|-----------------------------|----|----|--------------------------|----|-------------------------|-----------------------------|---------------------------|---------------------------|----|-----------------------------|----|-----------------------------|--------------------------------|----|
|         | Jour              | D                               | L                            | M                            | M | J                           | V                              | S                              | D                           | L                           | M  | M                              | J                       | V                           | S                     | D                           | L  | M                           | M  | J  | V                        | S  | D                       | L                           | M                         | M                         | J  | V                           | S  | D                           | S                              | D  |
| Thème   | Cross'Orientation |                                 |                              |                              |   |                             | Interval-training (ingersheim) |                                |                             | Entrain. PPG- Foncier Stade |    |                                |                         |                             | Pose-Dépose - Neuland |                             |    | Entrain. PPG- Foncier Stade |    |    |                          |    |                         | Entrain. PPG- Foncier Stade |                           |                           |    | Entrain. Technique - Orbey  |    |                             |                                |    |
| avr-20  | Date              | 1                               | 2                            | 3                            | 4 | 5                           | 6                              | 7                              | 8                           | 9                           | 10 | 11                             | 12                      | 13                          | 14                    | 15                          | 16 | 17                          | 18 | 19 | 20                       | 21 | 22                      | 23                          | 24                        | 25                        | 26 | 27                          | 28 | 29                          | 30                             |    |
|         | Jour              | M                               | J                            | V                            | S | D                           | L                              | M                              | M                           | J                           | V  | S                              | D                       | L                           | M                     | M                           | J  | V                           | S  | D  | L                        | M  | M                       | J                           | V                         | S                         | D  | L                           | M  | M                           | M                              |    |
| Thème   |                   |                                 |                              | Multi-postes et localisation |   |                             | Entrain. PPG- Foncier Stade    |                                |                             |                             |    | 3 jours de Pâques en Bourgogne |                         |                             |                       |                             |    | Ent. Technique - Labaroche  |    |    |                          |    |                         |                             | Nationale N/E - MD (5402) | Nationale N/E - LD (5402) |    | Entrain. PPG- Foncier Stade |    | Entrain. PPG- Foncier Stade |                                |    |
| mai-20  | Date              | 1                               | 2                            | 3                            | 4 | 5                           | 6                              | 7                              | 8                           | 9                           | 10 | 11                             | 12                      | 13                          | 14                    | 15                          | 16 | 17                          | 18 | 19 | 20                       | 21 | 22                      | 23                          | 24                        | 25                        | 26 | 27                          | 28 | 29                          | 30                             | 31 |
|         | Jour              | V                               | S                            | D                            | L | M                           | M                              | J                              | V                           | S                           | D  | L                              | M                       | M                           | J                     | V                           | S  | D                           | L  | M  | M                        | J  | V                       | S                           | D                         | L                         | M  | M                           | J  | V                           | J                              | V  |
| Thème   |                   | Ch France Mass-Start Ovttt 6806 | Ch Francees clubs Ovttt 6807 |                              |   | Entrain. PPG- Foncier Stade |                                | Ch France Relais sprint / CD42 | Ch France MD / CD42         | CFC / CD42                  |    |                                |                         |                             | Moulin - Humawilhr    |                             |    | Entrain. PPG- Foncier Stade |    |    |                          |    | Ent. Technique - Rodern |                             |                           |                           |    | Entrain. PPG- Foncier Stade |    |                             | Ch France Relais-sprint / 7309 |    |
| juin-20 | Date              | 1                               | 2                            | 3                            | 4 | 5                           | 6                              | 7                              | 8                           | 9                           | 10 | 11                             | 12                      | 13                          | 14                    | 15                          | 16 | 17                          | 18 | 19 | 20                       | 21 | 22                      | 23                          | 24                        | 25                        | 26 | 27                          | 28 | 29                          | 30                             |    |
|         | Jour              | L                               | M                            | M                            | J | V                           | S                              | D                              | L                           | M                           | M  | J                              | V                       | S                           | D                     | L                           | M  | M                           | J  | V  | S                        | D  | L                       | M                           | M                         | J                         | V  | S                           | D  | L                           | D                              |    |
| Thème   |                   | Entrain. PPG- Foncier Stade     |                              |                              |   | Ch France LD / 5703         | Ch France Relais / 5407        |                                | Entrain. PPG- Foncier Stade |                             |    |                                | Ch France LD Ovttt 6709 | Ch France Sprint Ovttt 6710 |                       | Entrain. PPG- Foncier Stade |    |                             |    |    | Multi-postes - Lac Blanc |    |                         | Entrain. PPG- Foncier Stade |                           |                           |    | Schaker                     |    |                             |                                |    |
| juil-20 | Date              | 1                               | 2                            | 3                            | 4 | 5                           | 6                              | 7                              | 8                           | 9                           | 10 | 11                             | 12                      | 13                          | 14                    | 15                          | 16 | 17                          | 18 | 19 | 20                       | 21 | 22                      | 23                          | 24                        | 25                        | 26 | 27                          | 28 | 29                          | 30                             | 31 |
|         | Jour              | M                               | J                            | V                            | S | D                           | L                              | M                              | M                           | J                           | V  | S                              | D                       | L                           | M                     | M                           | J  | V                           | S  | D  | L                        | M  | M                       | J                           | V                         | S                         | D  | L                           | M  | M                           | M                              | M  |
| Thème   |                   |                                 |                              |                              |   |                             |                                |                                |                             |                             |    |                                |                         |                             |                       |                             |    |                             |    |    |                          |    |                         |                             |                           |                           |    |                             |    |                             |                                |    |
| août-20 | Date              | 1                               | 2                            | 3                            | 4 | 5                           | 6                              | 7                              | 8                           | 9                           | 10 | 11                             | 12                      | 13                          | 14                    | 15                          | 16 | 17                          | 18 | 19 | 20                       | 21 | 22                      | 23                          | 24                        | 25                        | 26 | 27                          | 28 | 29                          | 30                             | 31 |
|         | Jour              | S                               | D                            | L                            | M | M                           | J                              | V                              | S                           | D                           | L  | M                              | M                       | J                           | V                     | S                           | D  | L                           | M  | M  | J                        | V  | S                       | D                           | L                         | M                         | M  | J                           | V  | S                           | V                              | S  |
| Thème   |                   |                                 |                              |                              |   |                             |                                |                                |                             |                             |    |                                |                         |                             |                       |                             |    |                             |    |    |                          |    |                         |                             |                           |                           |    |                             |    |                             |                                |    |

entraînement
Vacances scolaires
FFCO
Entrainement CO - Jeunes
Entrainement CO - Tous public
entraînement
Stage GREF/Formation AN/Stage Jeunes (Tholy)
Stages LACO-CD68-Club

Entrainement du mardi 18h30-20h00 - Stade de l'Europe - Responsable: Bernauer Christophe-Nicolas Dalibard
 Entrainement du Samedi 14h30-16h00 - Etang d'Ingersheim