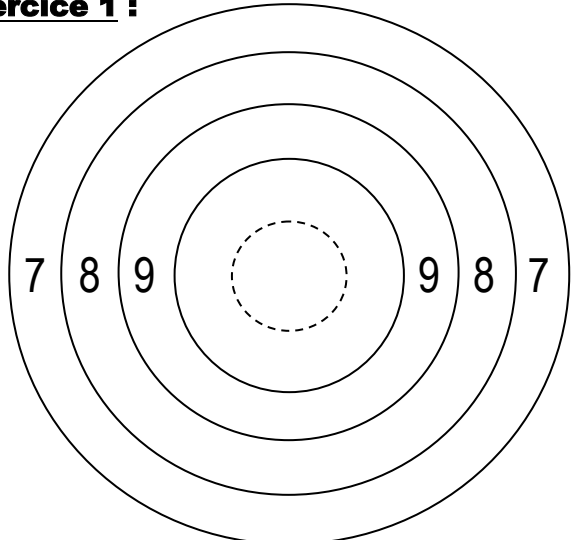


FICHE D'ENTRAINEMENT

Type d'entrainement	10M <input type="checkbox"/>	25M <input type="checkbox"/>	50M <input type="checkbox"/>
----------------------------	-------------------------------------	-------------------------------------	-------------------------------------

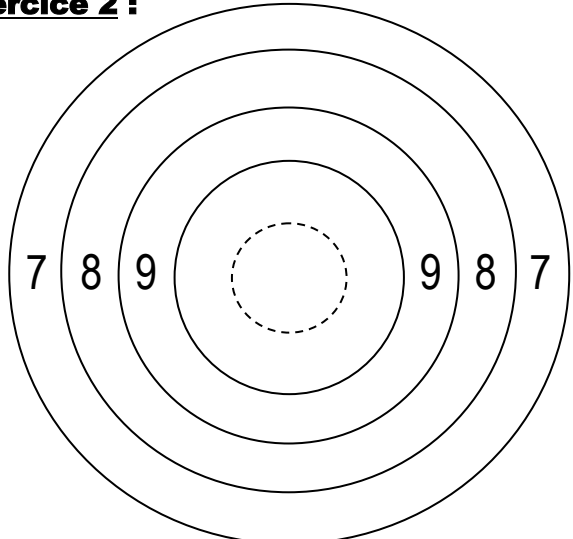
Lieu		Date	
Matériel		Heure début / fin	

Exercice 1 :



Analyse 1 :

Exercice 2 :



Analyse 2 :