

Juillet 2015 VINCE LUIS Préparation Hamburg

| LUNDI | | MARDI | | MERCREDI | | JEUDI | | VENDREDI | | SAMEDI | | DIMANCHE | |
|-----------------------------------|--|--------------------------------------|-----------------------------------|--|--|------------------------------------|-----------------------------------|---------------------------------|--|---|-----------------------------------|--|-------------------|
| MATIN | APRES MIDI | MATIN | APRES MIDI | MATIN | APRES MIDI | MATIN | APRES MIDI | MATIN | APRES MIDI | MATIN | APRES MIDI | MATIN | APRES MIDI |
| | | | | | | | | | | 27 | 28 | | |
| | | | | | | | | | | VOYAGE Reims-Font Romeu | | Natation | Bike |
| | | | | | | | | | | | | | |
| | | | | | | | | | | | | Marche (2000m) 1h30 | |
| 29 | | 30 | | 1 juillet | | 2 | | 3 | | 4 | | 5 | |
| Natation | Bike | Natation | Bike | Natation | Bike | Natation | Bike | Natation | Bike 2h30 75km | Natation | | Natation | Bike |
| | 2h04 57km | | 1h26 41km | | 3h 75km | | 1h 25km | | Montée de Col | | | | 3h48 - 105km |
| Footing (1800m) 40' - 7,5km | Footing (2000m) 20' - 3,5km | Footing 30' - 5km Muscu | 8x40/30 6x30/30 4x20/30 | | Footing 20' (1400m) 9km progressif | Footing (1800m) 40' - 8,4 km | footing (2000m) 40' - 8,5km | Footing 30' - 6km Muscu | | 15x500 Piste 1'30 r:1'15 | footing (2000m) 40' - 8,5km | footing long (1400m) 1h20 - 17,5km | |
| 6 | | 7 | | 8 | | 9 | | 10 | | 11 | | 12 | |
| Natation | Bike | Natation | | | Bike | Natation | Bike | Natation | Bike | Natation | | Natation | Bike |
| | 1h 25km | | | | 2h 48km | | 2h18 60km | | 1h45 48km | | | | 2h50 80km |
| Footing 30' - 5,5km Muscu | Footing 40' - 7,5km +8 x100 14/15" | 2x(4'/3'/2'/1') R:1' 19-20km/h | Footing (1800m) 40' - 7,5km | Footing 25' (1400m) 2x15' à 3'20 | | | | Footing 40' - 7,5km Muscu | Footing 40' - 7,5km +8 x100 14/15" | 1000/6x300/800/ 5x200/400/4x100 2'40/47/2'10/31/ 1'/13 | Footing (1800m) 30' - 5,3km | Footing (1800m) 50' - 10km | |
| 13 | | 14 | | 15 | | 16 | | 17 | | 18 | | 19 | |
| Natation | Bike | Natation | | Natation | Bike 1h25 | VOYAGE Font Romeu - Hamburg | | Natation | Bike 50' 20km | Natation | WTS | Natation | WTS |
| | 1h35 43km | | | | 37km | | | | | | | | |
| Footing (1800m) 45' - 10km | | Footing (1800m) 48' - 10km | Footing (1800m) 25' - 5,7km | | Footing (1800m) 25' - 5,7km | | BRIEFING | Footing (1800m) 28' - 6km | | Footing (1800m) 8' - 1,6km | HAMBURG | | HAMBURG Relais |