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| THEME  D’ENTRAINEMENT | | | | ENDURANCE MSUCULAIRE |
| **Objectif** | | ***Mobile lié à la pratique sportive :***  Reprise d’activité début saison / post blessure  Décharge fin cycle / saison  Entretien blessure | | ***Mobile non lié à la pratique sportive:***  Reprise d’activité  Renforcement ciblé pour apaiser tensions |
| **Méthode** | **Bloc constant équilibre agoniste / antagoniste** | | | |
| Groupes musculaires | Equilibre entre les étages ( haut / bas ) et les agonistes – antagonistes | | | |
| Exercices | 6 de préférence des exercices globaux, polyarticulaires | | | |
| Paramètres | Séries | | 6 à 7 | |
| Répétitions | | 15 à 20 | |
| Indicateur de charge | | Pour chaque exercice, sur les dernières répétitions de la dernière série   * Légère dégradation technique de la vitesse et/ou de la symétrie et/ou de l’amplitude qui n’entraide pas un besoin d’aide * Sensation de brûlure | |
| Récup. entre les séries | | 1’ | |

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| GROUPE  MUSCULAIRE | EXERCICE | SERIE |  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  | CHARGE  OPTIMALE |
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