

## USC Natation Waterpolo - Saison 2014-2015

### Planning des entrainements Vacances de la Toussaint

|          |       | 17h |    |     | 18 h  |    |     | 19h |      |    | 20 h  |       |       | 21h        |        |    | 22h                |    |    |      |  |  |    |  |  |
|----------|-------|-----|----|-----|-------|----|-----|-----|------|----|-------|-------|-------|------------|--------|----|--------------------|----|----|------|--|--|----|--|--|
|          |       | 15  | 30 | 45  | 15    | 30 | 45  | 15  | 30   | 45 | 15    | 30    | 45    | 15         | 30     | 45 | 15                 | 30 | 45 |      |  |  |    |  |  |
| LUNDI    | L 1   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    | WP H               | Mo |    |      |  |  |    |  |  |
|          | L 2   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 3   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 4   |     |    |     | MCJ   |    |     |     | La   |    | H2+H3 |       |       | Th ou Manu |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 5   |     |    |     | AV1   |    | Ce  |     | BC   |    | Cé    |       | M4    |            |        | St |                    |    |    |      |  |  |    |  |  |
|          | L 6   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | à sec |     |    |     |       |    |     |     |      |    | WP    |       |       | Cé         |        |    |                    |    |    |      |  |  |    |  |  |
| MARDI    | L 1   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 2   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 3   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 4   |     |    |     | P1    |    |     |     | Mi   |    | H4    |       | M2+M3 |            |        | Mi |                    |    |    |      |  |  |    |  |  |
|          | L 5   |     |    |     | H1+P3 |    | Lau |     | MCJ  |    | La    |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 6   | AV0 |    | Lau |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | à sec |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    | P1+P2 (étirements) |    |    |      |  |  |    |  |  |
| MERCREDI | L 1   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 2   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    | WP F               |    |    | Gab  |  |  |    |  |  |
|          | L 3   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 4   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    | Hu                 |    |    | WP H |  |  | Mo |  |  |
|          | L 5   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    | U 13-15-17         |    |    | Mo   |  |  |    |  |  |
|          | L 6   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | à sec |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
| JEUDI    | L 1   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 2   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 3   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 4   |     |    |     | P1    |    |     |     | Mi   |    | MCJ   |       | La    |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 5   | AV2 |    | Cé  |       | BC |     | Cé  |      | Cé |       | M1+M2 |       |            | Cé     |    |                    |    |    |      |  |  |    |  |  |
|          | L 6   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | à sec |     |    |     |       |    |     |     |      |    | MCJ   |       |       | La         |        |    | Muscul Fichaut     |    |    | Cé   |  |  |    |  |  |
| VENDREDI | L 1   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 2   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 3   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | L 4   |     |    |     | MCJ   |    |     |     | La   |    | ENF2  |       | Pa-Hu |            | WP-nat |    |                    | Hu |    |      |  |  |    |  |  |
|          | L 5   |     |    |     | BC    |    | Cé  |     | ENF2 |    | P2-3  |       | AV2   |            | Pa-Hu  |    |                    |    |    |      |  |  |    |  |  |
|          | L 6   |     |    |     |       |    |     |     |      |    |       |       |       |            |        |    |                    |    |    |      |  |  |    |  |  |
|          | à sec |     |    |     |       |    |     |     |      |    | BC    |       | Cé    |            | WP     |    | Cé                 |    |    | MCJ  |  |  | La |  |  |