

MODELE PYRAMIDE N° 3			ANAEROBIE ALACTIQUE (P + C) et ANAEROBIE LACTIQUE (P)										Total		PULSATIONS
NB: Vous ne devez modifier des temps que sur les zones grisées. L'ensemble se modifiera automatiquement.													Total	Recup	
	0	1	2	3	4	5	6	7	8	9	10	Travail	Recup		
90%	Arret Chrono	00:01:20	00:03:20	00:05:20										140	
	Travail réel	00:01:20	00:01:20	00:01:20								00:04:00		180	
	Récup	00:00:40	00:00:40	00:00:40									00:02:00		
	Depart	00:00:00	00:02:00	00:04:00											
95%	Arret Chrono	00:00:40	00:02:40	00:04:40	00:06:40	00:08:40	00:10:40							160	
	Travail réel	00:00:40	00:00:40	00:00:40	00:00:40	00:00:40	00:00:40					00:04:00		200	
	Récup	00:01:20	00:01:20	00:01:20	00:01:20	00:01:20	00:01:20						00:08:00		
	Depart	00:00:00	00:02:00	00:04:00	00:06:00	00:08:00	00:10:00								
100%	Arret Chrono	00:00:20	00:01:50	00:03:20	00:04:50	00:06:20	00:07:50	00:09:20	00:10:50					160	
	Travail réel	00:00:20	00:00:20	00:00:20	00:00:20	00:00:20	00:00:20	00:00:20	00:00:20			00:02:40		210	
	Récup	00:01:10	00:01:10	00:01:10	00:01:10	00:01:10	00:01:10	00:01:10	00:01:10				00:09:20		
	Depart	00:00:00	00:01:30	00:03:00	00:04:30	00:06:00	00:07:30	00:09:00	00:10:30						
95%	Arret Chrono	00:00:40	00:02:40	00:04:40	00:06:40	00:08:40	00:10:40							160	
	Travail réel	00:00:40	00:00:40	00:00:40	00:00:40	00:00:40	00:00:40					00:04:00		200	
	Récup	00:01:20	00:01:20	00:01:20	00:01:20	00:01:20	00:01:20						00:08:00		
	Depart	00:00:00	00:02:00	00:04:00	00:06:00	00:08:00	00:10:00								
90%	Arret Chrono	00:01:20	00:03:20	00:05:20										140	
	Travail réel	00:01:20	00:01:20	00:01:20								00:04:00		180	
	Récup	00:00:40	00:00:40	00:00:40									00:02:00		
	Depart	00:00:00	00:02:00	00:04:00											
TOTAL TRAVAIL SUR SEANCE												00:18:40			
TOTAL SEANCE ENTRAINEMENT												00:48:00			