

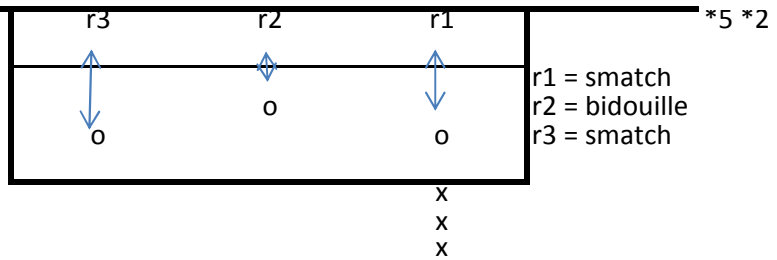
ENTRAINEMENT DU : 16/09/2010 (1h)

Theme de l'entrainement : Défense et Reception

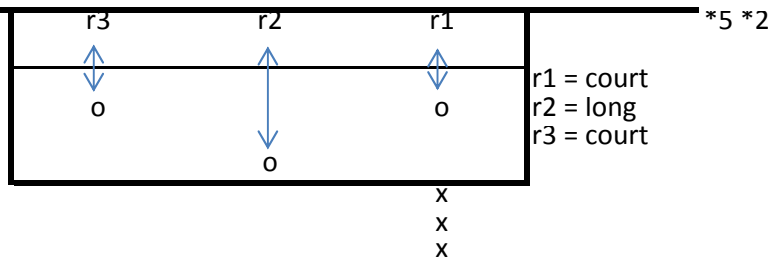
- > 5 minutes de footing
- > 2 minutes de chauff à 2



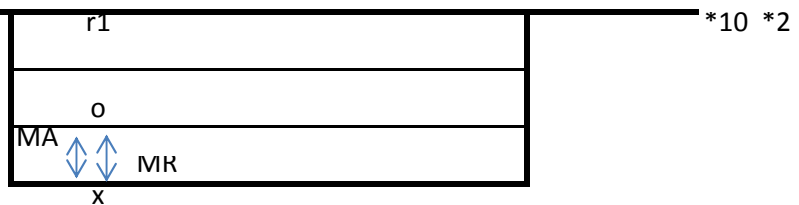
> Parcours



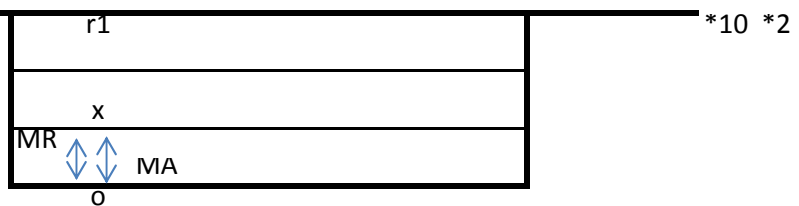
> Parcours



> Avant



> Arrière



JEU