

## SAISON 2025 -2026

2025

2026

| Septembre |   |                          | Octobre |   |                         | Novembre |   |                    | Décembre |   |                     | Janvier |   |                        | Février |   |                    |
|-----------|---|--------------------------|---------|---|-------------------------|----------|---|--------------------|----------|---|---------------------|---------|---|------------------------|---------|---|--------------------|
|           |   |                          | 1       | M | SEANCE RUN / MN         | 1        | S | FERIE              | 1        | L | PPG / MN            | 1       | J | BONNE ANNEE            | 1       | D |                    |
| 1         | L | PPG / MN                 | 2       | J |                         | 2        | D |                    | 2        | M |                     | 2       | V | SEANCE RUN             | 2       | L | PPG / MN           |
| 2         | M |                          | 3       | V | AG AVOC / PAS DE SEANCE | 3        | L | PPG / MN           | 3        | M | SEANCE RUN / MN     | 3       | S |                        | 3       | M |                    |
| 3         | M | SEANCE RUN / MN          | 4       | S |                         | 4        | M |                    | 4        | J |                     | 4       | D |                        | 4       | M | SEANCE RUN / MN    |
| 4         | J |                          | 5       | D |                         | 5        | M | SEANCE RUN / MN    | 5        | V | SEANCE RUN          | 5       | L | PPG / MN               | 5       | J |                    |
| 5         | V | SEANCE RUN               | 6       | L | PPG / MN                | 6        | J |                    | 6        | S | SORTIE TRAIL / MN   | 6       | M |                        | 6       | V |                    |
| 6         | S |                          | 7       | M |                         | 7        | V | SEANCE RUN         | 7        | D |                     | 7       | M | SEANCE RUN / MN        | 7       | S |                    |
| 7         | D |                          | 8       | M | TEST VMA + SEANCE MN    | 8        | S |                    | 8        | L | PPG / MN            | 8       | J |                        | 8       | D |                    |
| 8         | L | PPG / MN                 | 9       | J |                         | 9        | D |                    | 9        | M |                     | 9       | V | SEANCE + AFTER GALETTE | 9       | L | PPG / MN           |
| 9         | M |                          | 10      | V | SEANCE RUN              | 10       | L | PPG / MN           | 10       | M | SEANCE RUN / MN     | 10      | S |                        | 10      | M |                    |
| 10        | M | SEANCE TRAIL / MN + ANCI | 11      | S | SORTIE TRAIL            | 11       | M | FERIE              | 11       | J |                     | 11      | D |                        | 11      | M | SEANCE RUN / MN    |
| 11        | J | Prépa ANCILEVIENNE       | 12      | D |                         | 12       | M | SEANCE RUN / MN    | 12       | V | SEANCE RUN          | 12      | L | PPG / MN               | 12      | J |                    |
| 12        | V | SEANCE TRAIL + ANCI      | 13      | L | PPG / MN                | 13       | J |                    | 13       | S | CROSS DES GLAISINS  | 13      | M |                        | 13      | V | SEANCE RUN         |
| 13        | S | ANCILEVIENNE             | 14      | M |                         | 14       | V | SEANCE RUN         | 14       | D | CROSS DES GLAISINS  | 14      | M | SEANCE RUN / MN        | 14      | S | SORTIE TRAIL       |
| 14        | D | ANCILEVIENNE             | 15      | M | TEST VMA + SEANCE MN    | 15       | S | SORTIE TRAIL / MN  | 15       | L | PPG / MN            | 15      | J |                        | 15      | D |                    |
| 15        | L | PPG / MN                 | 16      | J |                         | 16       | D |                    | 16       | M |                     | 16      | V | SEANCE RUN             | 16      | L | PPG / MN           |
| 16        | M |                          | 17      | V | SEANCE RUN              | 17       | L | PPG / MN           | 17       | M | SEANCE + AFTER NOEL | 17      | S | SORTIE TRAIL           | 17      | M |                    |
| 17        | M | SEANCE TRAIL / MN        | 18      | S |                         | 18       | M |                    | 18       | J |                     | 18      | D |                        | 18      | M | SEANCE + AFTER RUN |
| 18        | J |                          | 19      | D |                         | 19       | M | SEANCE RUN / MN    | 19       | V | SEANCE RUN          | 19      | L | PPG / MN               | 19      | J |                    |
| 19        | V | SOIREE ANCIL PAS SEANCE  | 20      | L | PPG / MN                | 20       | J |                    | 20       | S |                     | 20      | M |                        | 20      | V | SEANCE RUN         |
| 20        | S | SORTIE TRAIL / MN        | 21      | M |                         | 21       | V | SEANCE RUN         | 21       | D |                     | 21      | M | SEANCE RUN / MN        | 21      | S | SORTIE MN          |
| 21        | D |                          | 22      | M | SEANCE + AFTER RUN      | 22       | S |                    | 22       | L |                     | 22      | J |                        | 22      | D |                    |
| 22        | L | PPG / MN                 | 23      | J |                         | 23       | D |                    | 23       | M |                     | 23      | V | SEANCE RUN             | 23      | L | PPG / MN           |
| 23        | M |                          | 24      | V | SEANCE RUN              | 24       | L | PPG / MN           | 24       | M |                     | 24      | S | SORTIE MN              | 24      | M |                    |
| 24        | M | HANDISPORT               | 25      | S | SORTIE TRAIL / MN       | 25       | M |                    | 25       | J | JOYEUX NOEL         | 25      | D |                        | 25      | M | SEANCE RUN / MN    |
| 25        | J |                          | 26      | D |                         | 26       | M | SEANCE RUN / MN    | 26       | V |                     | 26      | L | PPG / MN               | 26      | J |                    |
| 26        | V | SEANCE + AFTER RUN       | 27      | L | PPG                     | 27       | J |                    | 27       | S |                     | 27      | M |                        | 27      | V | SEANCE RUN         |
| 27        | S |                          | 28      | M |                         | 28       | V | SEANCE + AFTER RUN | 28       | D |                     | 28      | M | SEANCE RUN / MN        | 28      | S |                    |
| 28        | D |                          | 29      | M | SEANCE RUN / MN         | 29       | S |                    | 29       | L |                     | 29      | J |                        |         |   |                    |
| 29        | L | PPG / MN                 | 30      | J |                         | 30       | D |                    | 30       | M |                     | 30      | V | SEANCE RUN             |         |   |                    |
| 30        | M |                          | 31      | V | SEANCE RUN              |          |   |                    | 31       | M |                     | 31      | S |                        |         |   |                    |

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| Mars |   | Avril |   | Mai |   | Juin |   | Juillet |   | Aout |   | Septembre |   |
|------|---|-------|---|-----|---|------|---|---------|---|------|---|-----------|---|
| 1    | D | 1     | M | 1   | V | 1    | L | 1       | M | 1    | S | 1         | M |
| 2    | L | 2     | J | 2   | S | 2    | M | 2       | J | 2    | D | 2         | M |
| 3    | M | 3     | V | 3   | D | 3    | M | 3       | V | 3    | L | 3         | J |
| 4    | M | 4     | S | 4   | L | 4    | J | 4       | S | 4    | M | 4         | V |
| 5    | J | 5     | D | 5   | M | 5    | V | 5       | D | 5    | M | 5         | S |
| 6    | V | 6     | L | 6   | M | 6    | S | 6       | L | 6    | J | 6         | D |
| 7    | S | 7     | M | 7   | J | 7    | D | 7       | M | 7    | V | 7         | L |
| 8    | D | 8     | M | 8   | V | 8    | L | 8       | M | 8    | S | 8         | M |
| 9    | L | 9     | J | 9   | S | 9    | M | 9       | J | 9    | D | 9         | M |
| 10   | M | 10    | V | 10  | D | 10   | M | 10      | V | 10   | L | 10        | J |
| 11   | M | 11    | S | 11  | L | 11   | J | 11      | S | 11   | M | 11        | V |
| 12   | J | 12    | D | 12  | M | 12   | V | 12      | D | 12   | M | 12        | S |
| 13   | V | 13    | L | 13  | M | 13   | S | 13      | L | 13   | J | 13        | D |
| 14   | S | 14    | M | 14  | J | 14   | D | 14      | M | 14   | V | 14        | L |
| 15   | D | 15    | M | 15  | V | 15   | L | 15      | M | 15   | S | 15        | M |
| 16   | L | 16    | J | 16  | S | 16   | M | 16      | J | 16   | D | 16        | M |
| 17   | M | 17    | V | 17  | D | 17   | M | 17      | V | 17   | L | 17        | J |
| 18   | M | 18    | S | 18  | L | 18   | J | 18      | S | 18   | M | 18        | V |
| 19   | J | 19    | D | 19  | M | 19   | V | 19      | D | 19   | M | 19        | S |
| 20   | V | 20    | L | 20  | M | 20   | S | 20      | L | 20   | J | 20        | D |
| 21   | S | 21    | M | 21  | J | 21   | D | 21      | M | 21   | V | 21        | L |
| 22   | D | 22    | M | 22  | V | 22   | L | 22      | M | 22   | S | 22        | M |
| 23   | L | 23    | J | 23  | S | 23   | M | 23      | J | 23   | D | 23        | M |
| 24   | M | 24    | V | 24  | D | 24   | M | 24      | V | 24   | L | 24        | J |
| 25   | M | 25    | S | 25  | L | 25   | J | 25      | S | 25   | M | 25        | V |
| 26   | J | 26    | D | 26  | M | 26   | V | 26      | D | 26   | M | 26        | S |
| 27   | V | 27    | L | 27  | M | 27   | S | 27      | L | 27   | J | 27        | D |
| 28   | S | 28    | M | 28  | J | 28   | D | 28      | M | 28   | V | 28        | L |
| 29   | D | 29    | M | 29  | V | 29   | L | 29      | M | 29   | S | 29        | M |
| 30   | L | 30    | J | 30  | S | 30   | M | 30      | J | 30   | D | 30        | M |
| 31   | M | 31    | D | 31  | D | 31   | M | 31      | V | 31   | L | 31        | M |

Légende (se reporter à la newsletter / au plan d'entrainement mensuel pour la confirmation des activités) :

- SEANCE Séance AVOC Trail / RUN / Piste / Marche Nordique (MN) (Les lundis sous conditions effectifs de 40 inscrits minimum sur la saison)
- AFTER Après entrainement After Run offerte par AVOC
- FERIE Jour férié (Pas de seance)
- SORTIE Sortie trail et Marche Nordique (MN) le samedi
- ANCILE AVOC organise ANCILEVIENNE et CROSS, on a besoin de Bénévoles