



ROUTE | TRAIL | MARCHÉ NORDIQUE ANNECY-LE-VIEUX

# SAISON 2025 -2026

2025

2026

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

2026

| Mars |                      | Avril |                    | Mai  |                    | Juin |                               | ENTRAINEMENT MERCREDI<br>Juillet |                            | COUPURE ANNUELLE<br>Aout |  | NOUVELLE SAISON<br>Septembre |                            |
|------|----------------------|-------|--------------------|------|--------------------|------|-------------------------------|----------------------------------|----------------------------|--------------------------|--|------------------------------|----------------------------|
| 1 D  |                      | 1 M   | SEANCE TRAIL / MN  | 1 V  | FERIE              | 1 L  | PPG / MN                      | 1 M                              | SEANCE TRAIL / MN GLAISINS | 1 S                      |  | 1 M                          |                            |
| 2 L  | PPG / MN             | 2 J   |                    | 2 S  |                    | 2 M  |                               | 2 J                              |                            | 2 D                      |  | 2 M                          | REPRISE SAISON 2026-2027   |
| 3 M  |                      | 3 V   | SEANCE TRAIL       | 3 D  |                    | 3 M  | SEANCE TRAIL / MN             | 3 V                              |                            | 3 L                      |  | 3 J                          |                            |
| 4 M  | SEANCE RUN / MN      | 4 S   | WETRAIL            | 4 L  | PPG / MN           | 4 J  |                               | 4 S                              |                            | 4 M                      |  | 4 V                          |                            |
| 5 J  |                      | 5 D   | WETRAIL            | 5 M  |                    | 5 V  | SEANCE TRAIL                  | 5 D                              |                            | 5 M                      |  | 5 S                          |                            |
| 6 V  | SEANCE RUN           | 6 L   | WETRAIL            | 6 M  | SEANCE TRAIL / MN  | 6 S  |                               | 6 L                              |                            | 6 J                      |  | 6 D                          |                            |
| 7 S  | SORTIE TRAIL         | 7 M   |                    | 7 J  |                    | 7 D  |                               | 7 M                              |                            | 7 V                      |  | 7 L                          |                            |
| 8 D  |                      | 8 M   | SEANCE TRAIL / MN  | 8 V  | FERIE              | 8 L  | PPG / MN                      | 8 M                              | SEANCE TRAIL / MN GLAISINS | 8 S                      |  | 8 M                          |                            |
| 9 L  | PPG / MN             | 9 J   |                    | 9 S  |                    | 9 M  |                               | 9 J                              |                            | 9 D                      |  | 9 M                          |                            |
| 10 M |                      | 10 V  | SEANCE TRAIL       | 10 D |                    | 10 M | SEANCE TRAIL / MN             | 10 V                             |                            | 10 L                     |  | 10 J                         |                            |
| 11 M | SEANCE RUN / MN      | 11 S  | SORTIE TRAIL / MN  | 11 L | PPG / MN           | 11 J |                               | 11 S                             |                            | 11 M                     |  | 11 V                         |                            |
| 12 J |                      | 12 D  |                    | 12 M |                    | 12 V | SEANCE TRAIL                  | 12 D                             |                            | 12 M                     |  | 12 S                         |                            |
| 13 V | SEANCE RUN           | 13 L  | PPG / MN           | 13 M | SEANCE TRAIL / MN  | 13 S | SORTIE TRAIL / MN PIQUE NIQUE | 13 L                             |                            | 13 J                     |  | 13 D                         | ANCILEVIENNE               |
| 14 S | SORTIE MN            | 14 M  |                    | 14 J | ASCENSION          | 14 D |                               | 14 M                             |                            | 14 V                     |  | 14 L                         |                            |
| 15 D |                      | 15 M  | SEANCE + AFTER RUN | 15 V | PAS DE SEANCES     | 15 L | PPG / MN                      | 15 M                             | SEANCE TRAIL / MN GLAISINS | 15 S                     |  | 15 M                         |                            |
| 16 L | PPG / MN             | 16 J  |                    | 16 S |                    | 16 M |                               | 16 J                             |                            | 16 D                     |  | 16 M                         |                            |
| 17 M |                      | 17 V  | SEANCE TRAIL       | 17 D |                    | 17 M | SEANCE TRAIL / MN             | 17 V                             |                            | 17 L                     |  | 17 J                         |                            |
| 18 M | SEANCE RUN / MN      | 18 S  |                    | 18 L | PPG / MN           | 18 J |                               | 18 S                             |                            | 18 M                     |  | 18 V                         |                            |
| 19 J |                      | 19 D  |                    | 19 M |                    | 19 V | SEANCE TRAIL                  | 19 D                             |                            | 19 M                     |  | 19 S                         | ANCILEVIENNE SOIREE 40 ANS |
| 20 V | SEANCE RUN           | 20 L  | PPG / MN           | 20 M | SEANCE + AFTER RUN | 20 S | SORTIE TRAIL                  | 20 L                             |                            | 20 J                     |  | 20 D                         |                            |
| 21 S |                      | 21 M  |                    | 21 J |                    | 21 D |                               | 21 M                             |                            | 21 V                     |  | 21 L                         |                            |
| 22 D |                      | 22 M  | SEANCE TRAIL / MN  | 22 V | SEANCE TRAIL       | 22 L | PPG / MN                      | 22 M                             | SEANCE TRAIL / MN GLAISINS | 22 S                     |  | 22 M                         |                            |
| 23 L | PPG / MN             | 23 J  |                    | 23 S | SORTIE TRAIL / MN  | 23 M |                               | 23 J                             |                            | 23 D                     |  | 23 M                         |                            |
| 24 M |                      | 24 V  | SEANCE TRAIL       | 24 D | PENTECOTE          | 24 M | SEANCE TRAIL / MN             | 24 V                             |                            | 24 L                     |  | 24 J                         |                            |
| 25 M | SEANCE + AFTER PIZZA | 25 S  | SORTIE TRAIL       | 25 L | PPG / MN           | 25 J |                               | 25 S                             |                            | 25 M                     |  | 25 V                         |                            |
| 26 J |                      | 26 D  |                    | 26 M |                    | 26 V | ULTIME AFTER                  | 26 D                             |                            | 26 M                     |  | 26 S                         |                            |
| 27 V | SEANCE RUN           | 27 L  | PPG / MN           | 27 M | SEANCE TRAIL / MN  | 27 S |                               | 27 L                             |                            | 27 J                     |  | 27 D                         |                            |
| 28 S | SORTIE TRAIL         | 28 M  |                    | 28 J |                    | 28 D |                               | 28 M                             |                            | 28 V                     |  | 28 L                         |                            |
| 29 D |                      | 29 M  | SEANCE TRAIL / MN  | 29 V | SEANCE TRAIL       | 29 L | PPG / MN                      | 29 M                             | SEANCE TRAIL / MN GLAISINS | 29 S                     |  | 29 M                         |                            |
| 30 L | PPG / MN             | 30 J  |                    | 30 S |                    | 30 M |                               | 30 J                             |                            | 30 D                     |  | 30 M                         |                            |
| 31 M |                      | 31 V  |                    | 31 D |                    |      |                               | 31 V                             |                            | 31 L                     |  |                              |                            |

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

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