| Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 |
| Planification +1 | Planification +1 | Planification +1 | Planification +1 | Planification +1 | | | | | |

Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1
					Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1	Entrainement +1