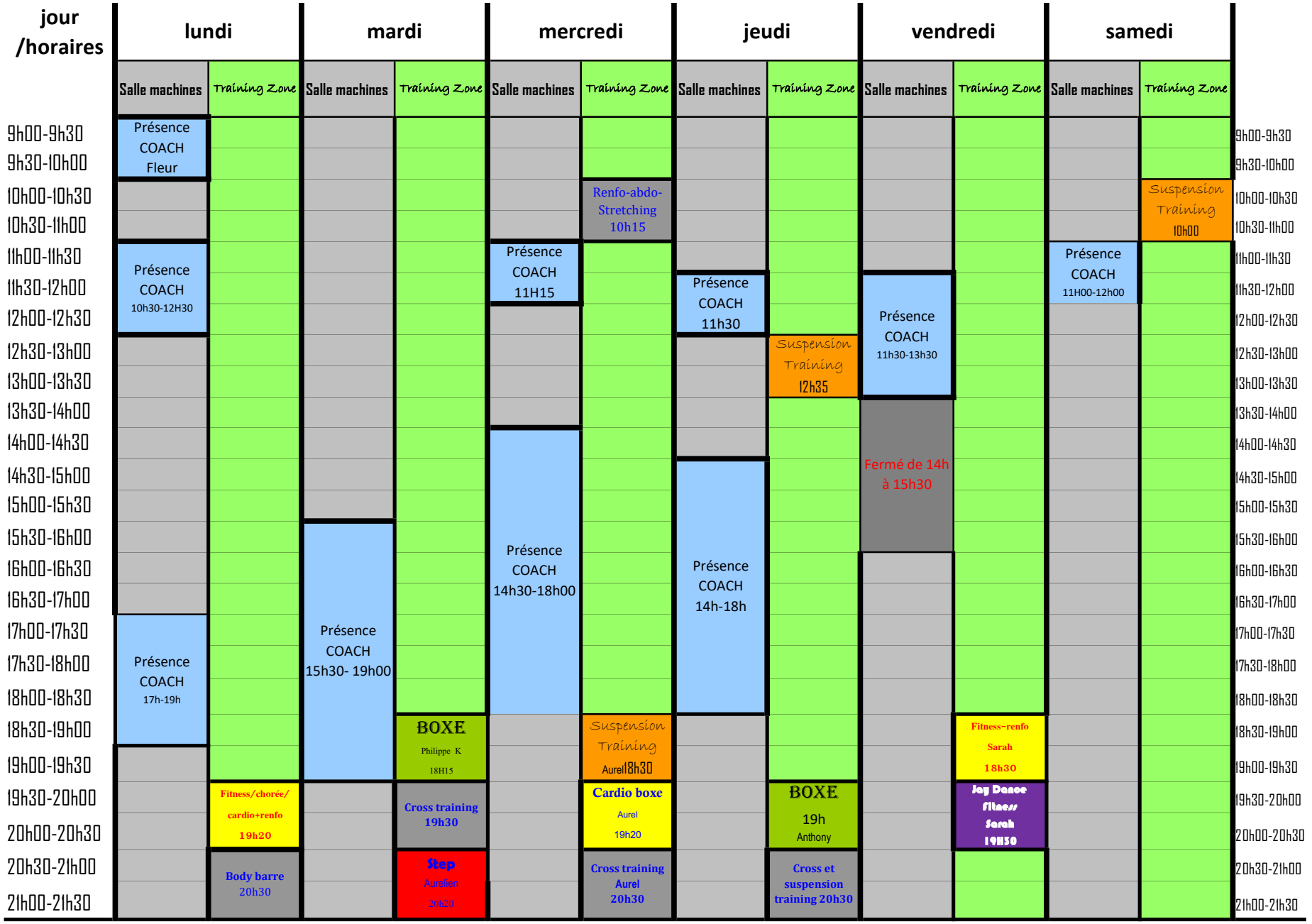planning training Zone et renfo-Cardio 2019 2020