

LONG DISTANCE - LEPAPE

week 1/11 - 6 sessions

SWIMMING 2000m	RUNNING 10k	BIKE 50'	SWIMMING 2600m	BIKE 2:00	RUNNING 1h
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- 400m PullBuoy
- 300m : Back/
Crawl
alternate by 50m
- 200m technics
- 400m with Pull-
Buoy - r* = 1'
- 5x100m with
hand paddle -
r = 30"
- 200 m freestyle
swimming

- 20' warm up
- 4 accelerations
1'30" every 6' (ave-
rage/fast/very fast)
- 15' in endurance

- 15' warming up
- 2x6 (1'Functionnal
Threshold Power /
1'soft) / r = 5"
- 10' recovery

- 300m Pull Buoy
- 3x100m (75m
technics/25m
maximum ampli-
tude)
- 600m Pull Buoy
+ hand paddle
2x200m hand
paddle average
speed / r = 45"
- 400m Pull Buoy
in endurance
- 4x100m in com-
plete swim - ave-
rage speed / r = 30"
- 200 m freestyle

- Long outing : 2H
/ 55k, ride the bu-
mps seated with a
big gear ratio. Rest
in velocity.

- 30' warming up
- 10x (45" Maximal
aerobic speed / 45"
soft)
- 15' in endurance

* r = : rest

« The hardest part is to start ... »