

LONG DISTANCE - LEPAPE

week 2/11 - 6 sessions

SWIMMING	RUNNING	BIKE	SWIMMING	BIKE	RUNNING
1500m	10k	50'	2000m	2h00	1h00

- 3 x (25 crawl/ 25 breaststroke/ 25 back/ 25 legs alone).
- 2 x (100m opposition/ 100m easy).
- 5 x 100m speed 1. r = 15".
- 200m easy swim.

- 30' jogging.
- 10' technicals exercises on 60m (knee rise, heels buttocks, outstretched legs, run backwards), + unroll feet 40m (for the transfer of achievements).
- 10' : progressive acceleration each 100m.
- 10' recovery.

- Home trainer :
- 20' warm up.
 - 5 x 3' strength by turning the legs at 40 revolutions per minute.
 - 2 x 2'30 hypervelocity : sitting on the saddle without pulling on the handlebars.
 - 10' recovery.

- 3 x 200m - r = 10"
 - 25Crawl/ 25D
 - 25Crawl / 25 Breaststroke
 - 25Crawl/25Legs
 - 50Crawl
- 4 x 150m :
 - 25 touch shoulder
 - 25 complete swim
 - 25 brush water
 - 25 complete swim
 - 25 touch buttocks
 - 25 complete swim r = 10".
- 200m crawl 3 steps.
- 6x50m crawl amplitude with pull buoy.

- Long outing : 2H / 55k on hilly course :
- Mount the bumps seated with a large gear at about 60 revolutions per minute.
- The rest in velocity.

- 30' warm up.
- Mount 5 times a bump about 2' (easy to mount, concentrating on the work of the foot, mount the knees well, the cardio remains relatively low, must feel the support on the front of the foot).
- Soft descent recovery.
- Recovery 15' with jogging speed.

* r = : rest

« The hardest part is to start ...»