

**LONG DISTANCE - LEPAPE**  
week 3/11 - 6 sessions

**SWIMMING**

**2300m**

- 4 x (50Crawl + 25 Breaststroke).
- 4 x 50 Legs (25m ventral, 25m backbone).
- 6 x (50m maximum amplitude with pull buoy + 100m easy).
- 6 x 50 technics :
  - 1-arm crawl with fixed arm at the back, change arm each 25m.
- 400m Pull Buoy hand paddle, moderate speed.
- 200m easy.

**RUNNING**

**10k**

- Soft jogging at 75% of maximum heart rate.
- 6 straight lines of 80m well run by applying yourself on the stride.

**BIKE**

**1h30/40k**

- Soft velocity outing.

**SWIMMING**

**2200m**

- 2 x 300m : (200m pull buoy + 500m Legs + 50m Breaststroke).
- 10 x 75m (50m maximum amplitude without rising the cardio + 25m fast) r = 15".
- 150m easy freestyle swim.
- 4 x 200m easy Crawl breathing in 3 steps.
- 100m easy.

**BIKE**

**2h00/50k**

- Group outing without rising the cardio.

**RUNNING**

**1h/10k**

- Soft jogging at 75% of maximum heart rate.
- 6 straight lines of 80m, run by applying yourself on the stride and gradually accelerating.