

LONG DISTANCE - LEPAPE
week 4/11 - 6 sessions

SWIMMING	RUNNING	BIKE	SWIMMING	BIKE	RUNNING
2000m	45'/8k	1h30	2100m	2h30/70k	14k

- 2 x (50Crawl/ 25Back/ 25 Breasts-troke).
- 2 x 50m Legs.
- 2 x 200m :
25m with a arm/
25m with the other
arm/ 50m both
with clenched fists
/100m easy).
- 200m (25 m
arms outstretched
opposition/ 25m
clenched fists).
- 3 x 400m (1 soft, 1
with pull buoy hand
paddle, 1 with Elas-
tic pull buoy speed 1.
r = 30").
- 200m easy.

- 15' progressive
warm up.
- 2 x
(400/300/200/100)
effort time, to be
done at maximum
speed.
- 15' activ recovery.

- 30' warm up
- 2x (6 x 2' fast/ 2'
easy).
r = 5".
- 30' recovery.

- 400m freestyle
swim.
- 200m Legs.
- 100m easy.
- 4 x 50m technics/
25 (scull in front,
scull behind, big
dog, clenched fists)
on the technics
carry out 25m with
the technics re-
quested and carry
out a complete
swim transfer on
the following 25m.
- 10 x 100 speed 2
(5 complete swim
r = 15"+ pull buoy
hand paddle r =

- Group outing
if possible, with
hands on the
extenders as soon
as possible.

- 20' warm up.
- 3 x 7' at 80% of
maximum heart
rate.
- r = 5'.
- 15' recovery.