

OLYMPIC DISTANCE - LOUBSOL

week 1/10 - 3 sessions

SWIMMING

1200m

- 200 m freestyle swimming.
- 8 x 50m : alternate 1 with clenched fists and 1 with amplitude and doing as less as possible arm stroke per length / r*=15".
- 4 x 100m in pull buoy 3-stroke breathing (every 3 arm movements)/r=20".
- 200 m freestyle swimming.

BIKE

1h15

- Outing must be done on the small chainring to work on your velocity (you turn your legs quickly, around 90 revolutions per minute).

RUNNING

40'

- 20 min jogging.
- 10 min technics (on a straight line about 30 meters you do knee climbs heels buttocks or leaping strides to go there and you come back on a jogging).
- 10 min jogging.

* r = : rest

« The hardest part is to start... »

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