

OLYMPIC DISTANCE - LOUBSOL

week 10/10 - 3 sessions

SWIMMING

-
1000m

- 400m (50 crawl, 50 back, 50 crawl, 50 breaststroke).
- 4 x 100m race speed r = 30".
- 200m freestyle swimming.

BIKE

+
RUNNING

Bike : 1h00 - hilly race.

- 3 x 10 min race speed r = 10 min between each sessions.

Running :

- After bike outing, 20 min of jogging.

RUNNING

-
30'

- 15 min of jogging.
- 5 min race speed.
- 10 min of jogging.