

OLYMPIC DISTANCE - LOUBSOL

week 2/10 - 3 sessions

SWIMMING

1400m

- 300m :
 - 100m crawl
 - 50m back
 - 100m breaststroke
 - 50m breaststroke
- 6 x 50m :
 - 1st 25m : 3 movements with the right arm then 3 movements with the left arm. The other arm is extended forward.
 - 2nd 25m : crawl in amplitude, r* = 15".
- 300m in pull buoy 3-stroke breathing (every 3 arm movements).

BIKE

1h30

- Outing must be done on the small chainring to work on your velocity (you turn your legs quickly, around 90 revolutions per minute). Alternate out of the saddle and standing in bumps.

RUNNING

45'

- 25 min jogging.
- 10min 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