

OLYMPIC DISTANCE - LOUBSOL

week 3/10 - 3 sessions

SWIMMING

1600m

- 6 x 100m (alternate 1 crawl/ 1 pull buoy 5-stroke breathing)
r = 20".
- 8 x 50m (15m sprint, 35m slow).
- 2 x 200m with frontal breathing (you look ahead during your air intake). r = 20".
- 200m (alternate 50 crawl/ 50 back).

BIKE

1h45

- Outing must be done on the small chainring to work your speed (flat, you turn your legs quickly, about 90 revolutions per min). We integrate into the session two blocks of 10min of hard work (large chainring small sprocket),
r = 5min in velocity.

RUNNING

50'

- 20' jogging.
- 20' with 15" of sprint every 2' (don't stop during this work block).
- 10' jogging.