

## OLYMPIC DISTANCE - LOUBSOL

week 4/10 - 3 sessions

### SWIMMING

1800m

- 400m crawl pull buoy 3-stroke breathing.
- 8 x 50m (alternate 1 in beats without board with arms in front/ 1 in crawl amplitude) r = 20".
- 6 x 100m (25 fast, 75 slow) r = 30".
- 300m with 2 frontal breathing per length.
- 100m freestyle swimming.

### BIKE

2h00

- Outing must be done on the big chainring :
- After a warm up of 30min, do a block of 12min of work in force (large chainring with small sprocket).
  - Do 6 sprints of 15" every 4min.
  - The end of the outing must be done in endurance.

### RUNNING

50'

- 20 min jogging.
- 8 accelerations in a bump of about 100m. The recovery must be done on the downhill.
- End : jogging.