

OLYMPIC DISTANCE - LOUBSOL

week 5/10 - 3 sessions

SWIMMING - 2000m

- 200m freestyle swimming.
- 4 x 150m (50 crawl in amplitude, 100 crawl) r = 20".
- 8 x 50m fast r = 20".
- 400m crawl pull buoy (alternate 50m 3-stroke breathing and 50m 5-stroke breathing).
- 200m crawl with 2 frontal breathing per length.
- 200m freestyle swimming.

BIKE + RUNNING

- Bike : 2h00
- Outing must be done on the big chainring
 - After a warm up of 30 min, make a bump 6 times on the small chainring from 500 to 800m. Recovery during the downhill.
 - The end of the outing must be done in endurance.
- Running : 15 min.
jogging speed.

RUNNING - 50'

- 20 min jogging
- 8 min running 30" fast 30" slow.
- 4 min jogging.
- 8 min running 30" fast and 30" slow.
- 10 min jogging.