

## OLYMPIC DISTANCE - LOUBSOL

week 6/10 - 3 sessions

### SWIMMING

-  
2000m

- 400m (alternate 50 crawl, 50 back, 50 crawl, 50 breaststroke).
- 4 x 50m in amplitude r= 20''.
- 800m : (25 fast, 25 slow, 50 fast, 50 slow, 75 fast, 75 slow, 100 fast, 100 slow, 75 fast, 75 slow, 50 fast, 50 slow, 25 fast, 25 slow).
- 300m crawl pull buoy with 2 frontal breathing per length.
- 200m (alternate 50 crawl, 50 back).

### BIKE

+  
RUNNING

- Bike : 2h00
- On a hilly course, you adjust your gear ratio according to the elevation. Alternate sitting position and out of the saddle, in bumps.
- Running : 20 min.
- After the bike outing, do 20 min of jogging.

### RUNNING

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50'

- 20 min of jogging
- 10 min with 1 min fast/ 1 min slow.
- 5 min of jogging.
- 10 min with 1 min fast/ 1 min slow.
- 5 min of jogging.