

OLYMPIC DISTANCE - LOUBSOL

week 7/10 - 3 sessions

SWIMMING

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2000m

- 12 x 50m (alternate 1 in 25 crawl, 25 back/ 1 in 25 crawl, 25 breaststroke/ 1 in 25 flapping, 25 crawl).
- 300m crawl with pull buoy with 2 frontal breathing per length.
- 5 x 200m race speed r = 30".
- 100m freestyle swimming.

BIKE

+
RUNNING

- Bike : 2h00 - hilly race.
- 3 x 10min race speed r = 10min between each session.
- Running : 20'.
 - After the bike outing, do 20 min of jogging.

RUNNING

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50'

- 20 min of jogging
- 3 x 5min at its speed 10km, r = 2min between each session.
- 9min of jogging.