

OLYMPIC DISTANCE - LOUBSOL

week 8/10 - 3 sessions

SWIMMING - 2000m

- 500m : 2 x (75 crawl, 50 back, 75 crawl, 50 breaststroke).
- 500m crawl with pull buoy 3-stroke breathing.
- 500m race speed with 2 frontal breathing per length.
- 500m : 2 x (75 crawl, 50 back, 75 crawl, 50 breaststroke).

RUN + RUNNING

- Bike : 2h00 - hilly race.
- Flexible outing, you can adapt your gear ratio according to the relief.
- Running : 20'
 - After the bike outing, do 30 min of running (15' race speed/ 15' jogging).

RUNNING - 50'

- 20 min jogging
- 5 x 2 min fast/ 2 min slow.
- 10 min jogging.