

OLYMPIC DISTANCE - LOUBSOL

week 9/10 - 3 sessions

SWIMMING - 1500m

- 300m freestyle swimming.
- 1000m pull buoy.
- 200m freestyle swimming.

BIKE + RUNNING

Bike : 1h30 - hilly race

Flexible outing, with accelerations in the bumps, adapt your gear ratio according to the relief.

Running : 20'

- After the bike outing, do 20 min of running (10' race speed/ 10' jogging)

RUNNING - 50'

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