

## SPRINT DISTANCE - Département Calvados

week 1/4 - 3 sessions

### RUNNING

30'

20min of jogging :

- 5 x 30/30 (30" fast / 30"slow).
- 2' recovery.
- 5 x 30/30 (30" fast / 30"slow).

End of the session.

### SWIMMING

550m

50m to warm up, slowly.

- 4 x 50m easy.
- Rest 20'.
- 4 x 50m (25m fast and 25m slow).
- r\* = 20".
- 2 x 50m to finish session

### BIKE

1h00

Soft outing in bike. If possible the outing must be done in a group, to be able to talk with others.

\* r = : rest

« Let's go for 4 small weeks..»

#trideauville