

## SPRINT DISTANCE - Département Calvados

semaine 2/4 - 3 séances

### RUNNING

40'

20 minutes warm up :

- 5 x 30/30 (30'' sustained speed + 30''slow).
- 5min recovery jogging.
- 5 x 30/30 (30'' sustained speed + 30''slow).
- 5min recovery jogging.

### SWIMMING

700m

- 3 x 100m normal race.  
r = 30''.
- 5 x 50m (25m sustained speed + 25m normal speed).  
r = 30''.
- 3 x 50m for recovery.  
r = 20''.

### BIKE

55'

20 minutes warm up :

- 5min fast.
- 5min easy.
- 3 x (3' progressively fast + 2' recovery).
- 10min recovery biking.

\* r = : rest

« We adapt to triple effort .. »

#trideauville