

## SPRINT DISTANCE - Département Calvados week 3/4 - 3 sessions

### RUNNING

50'

20 minutes warm up :

- 5 x (1' fast speed + 1' normal speed).
- 5min recovery footing.
- 5 x (1' fast speed + 1' normal speed).
- 5min recovery footing.

### SWIMMING

900m

- 400m warm up.

- 4 x 100m (25m progressive speed + 25m normal speed + 25m progressive speed + 25m normal speed).  
R = 30".

- 2 x 50m recovery.

### BIKE

1h10

30 minutes warm up :

- 15 min sustained speed.
- 5min easy.
- 5 min sustained speed + 3min fast + 2min full speed (sprint).
- 10min recovery.