

SPRINT DISTANCE - Département Calvados

week 4/4 - 3 sessions

SWIMMING

700m

- 300m soft.
- 6 x 50m crawl, r = 30"
- 100m recovery.

BIKE + RUNNING

Bike :

- 40 minutes soft speed (why not on the triathlon routes if it is not too far away).

Running :

- After bike session, run 20min easy speed.

D DAY

TRIATHLON
INTERNATIONAL
DE DEAUVILLE