

LONG DISTANCE - LEPAPE

week 10/11 - 7 sessions

SWIMMING

2100m

- 2 x (100Crawl + 25Legs + 25 breaststroke + 50 technics by 25).

- 20 x 50 speed 2 r:15". (5complete swim, 5elastic pull buoy, 5pull booy hand paddle, 5hand paddle zoom).

- 200m easy.

- 6 x 50 technics/ 25 scull in front scull behind, big dog).

- 100m easy.

RUNNING

13k

- 5' warm up.

- 3 x 10" at 80% of your max heart rate, recovery 3".

- 10' recovery.

BIKE

1h30/40k

Bump session :

- warm up

- Mount 4 x 3' in a bump at around 5/7%. Race tempo speed.

Recovery : downhill.

SWIMMING

2600m

- 3 x (100Crawl + 50Legs + 50Back).

- 6 x 50/25 technics (1-arm crawl with fixed arm at the back, same with the other arm, scull in front) x 2.

- 600m nonstop pull buoy hand paddle and zoom speed 1.

- 3 x (4 x 50 r:10" R : 100 soft between the 3 sessions)

-200m recovery

BIKE + RUNNING

Bike : 1h45/50k.

Home trainer :
- warm up.

- 4 x 10' race speed r : 5'.

- Recovery.

Running :
30min/5k.
- soft jogging.

SWIMMING + BIKE

Swimming :
2000m swim-
ming at sea or in
open water with :

- 10' freestyle
warm up.

- 6 x departure
from the beach
+ 1' fast r : very soft
beach return.

- 5' recovery

- 3 x 5' nonstop in
max amplitude,
recovery : 2' + 5'
easy.

Bike : 3h/80k.
Group outing
if possible with
the last 30 mi-
nutes placed on
the extensions
at 80% of max
heart rate.

RUNNING

15k

Long outing
(remember to
be regular in
your supplies)
: soft without
exceeding 75%
of maximum
heart rate.