

LONG DISTANCE - LEPAPE

week 11/11 - 3 sessions

SWIMMING

1500m

- 400m (50 crawl, 50 back, 50 crawl, 50 breaststroke).
- 8x 100m race speed r : 30".
- 300m freestyle swimming.

BIKE

2H00

2h soft.

RUNNING

40'

- 15min jogging.
- 15min race speed.
- 10min jogging.