

## LONG DISTANCE - LEPAPE

week 5/11 - 6 sessions

SWIMMING	RUNNING	BIKE	SWIMMING	BIKE	RUNNING
2000m	9k	2h00	2600m	3h00	1h15

- 500m freestyle.
- 6 x 50m Legs (25 amplitude + 25 velocity).
- 8 x 100m :
  - 25m techniques (clenched fists, big dog, wp, brush water).
  - 75m complete swim.
- 100m freestyle.
- 4 x 25 sprint r : 20".

- 20' warm up.
- 6 x 30" fast / 30" soft.
- Enchain with 10' at 85% of maximum heart rate.
- 15' soft recovery.

- 30' warm up
- In a 7/9% bump, perform 6 sets of 4' in force at 50 revolution per minute (3 seated rehearsals, 3 rehearsals out of the saddle).
- Perform the descent in hypervelocity.
- 30' easy (session similar to last week with 2 more sets to see the progress).

- 3 x (100Crawl/50Legs/50Back).
- 6 x 50m/ 25 techniques (1-arm crawl with fixed arm at the back, same with the other arm, scull in front).
- 600m nonstop pull buoy and hand paddle speed 1.
- 3 x (4 x 50m fast, r : 10") 100m easy between 3 sessions.
- 200m recovery.

- Group outing with 3 x 15' all course (about 80% of maximum heart rate) r : 4'.
- (Make the series on the extenders trying to be as aerodynamic as possible).

- 20' warm up.
- 3 x 12' at 80% of maximum heart rate.
- r : 5' + 15' recovery.