

LONG DISTANCE - LEPAPE
week 6/11 - 6 sessions

SWIMMING	RUNNING	BIKE	SWIMMING	BIKE	RUNNING
1700m	7k	40k	1700m	2h00/50k	1h00

- 4 x (50Crawl + 50 Breaststroke + 50Legs).
- 4 x 50 (25 scull in front, 25 simple).
- 6 x 50 amplitude R : 15" (4 complete swim, 4 pull buoy, 4 pull buoy hand paddle).
- 100m easy.
- 400m nonstop.
- 100m easy.

Soft jogging at 75% of maximum heart rate + 6 straight lines of 80m, run by applying yourself on the stride.

Soft velocity outing.

- (50pull buoy + 50 freestyle + 25Legs + 25Breaststroke).
- 2 x 150m :
 - 25 right arm
 - 50 amplitude
 - 25 fast
 - 25 easy
 - 25 left arm
- 100m easy.
- 2 x 100m :
 - 25 scull
 - 25 clenched fists
 - 50 maximum amplitude
- 100m easy.
- 10 x 75 r : 15"
 - 25 wp
 - 50 amplitude.

Group outing without rising the cardio.

Soft jogging at 75% of maximum heart rate + 6 straight lines of 80m, run by applying yourself on the stride and gradually accelerating.