

LONG DISTANCE - LEPAPE

week 7/11 - 7 sessions

SWIMMING 2000m

- 4 x 200m :
 - 50Crawl
 - 25Legs
 - 25Back
 - 100Zoom
- 100m easy.
- 4 x 50m
t e c h n i c s
(outstretched
arms, big dog).
- 15 x 50 pull
buoy hand
paddle r : 10"
swim in ampli-
tude.
- 100m easy.

RUNNING 12k

- 20' warm up.
- 6 x 3' at 90%
of maximum
heart rate, r : 2'.
- 10' soft recove-
ry (if you don't
know your max
heart rate, you
can use this for-
mula :
220 - your age =
your max heart
rate theoreti-
cal).

BIKE 2h00/60k

Outing with the
last 20 minutes
in a calm po-
sition without
forcing speed,
easy pedaling
with ease.

SWIMMING 2000m

- 500m freestyle
warm up
- 8 x 50m tech-
nics (1-arm
crawl with fixed
arm at the back,
same with
the other arm,
outstretched
arms,, scull
behind).
- 100m easy.
- 6 x 50 (25 right
arm, 25 left
arm).
- 10 x 50 pull
buoy hand
paddle (25 max
amplitude, 25
normal) r : 10".
- 200m easy.

BIKE + RUNNING

- Bike 1h10/
35km.
- Home trainer :
- 20' warm up.
- 5 x 5' placed on
the extensions
at 80% max
heart rate. r : 2'
in soft velocity (
note that your
bike max heart
rate is in theory
10 pulses under
your running
mhr).
- 15' recovery.
- Running
30min/5km.
- 30' soft jog-
ging.

BIKE 2h30/70k

Group outing if
possible.

RUNNING 12k

Long jogging
with each 15
minutes (3 x 1'
fast/1' recovery).