

LONG DISTANCE - LEPAPE

week 8/11 - 7 sessions

SWIMMING

2000m

- 3x (50Crawl + 25Legs + 25Back + 100 zoom).

- 100m easy.
- 4 x 50m t e c h n i c s (outstretched arms, scull behind).

- 15 x 75 pull buoy hand paddle r : 10" swim in amplitude.

- 100m easy.

400m nonstop with pull buoy.

RUNNING

12k

- 20' warm up.

- 5 x 4' at 90% of maximum heart rate.
r : 2'.

- 10' soft recovery.

BIKE

2h00/60k

Outing with 30 last minutes in a calm position without forcing the speed, easy cycling.

SWIMMING

2200m

- 500m freestyle warm up

- 3 x 500m speed 1 (complete swim, pull buoy hand paddle, zoom).

- 200m easy.

BIKE

RUNNING⁺

- Bike 1h30/35km.

Home trainer :
- 20' warm up.

- 4 x 7' placed on the extensions at 80% of maximum heart rate, 2' in soft velocity.

- 15' recovery.

R u n n i n g
30min/5km.

- 30' soft jogging.

BIKE

3h00/80k

Group outing if possible.

RUNNING

14k

Long jogging with each 15minutes (5 x 30" fast/ 30" recovery).