

## LONG DISTANCE - LEPAPE

### week 9/11 - 7 sessions

#### SWIMMING

2100m

- 4 x (50Crawl/ 25 other/ 25 technic).
- 8 x 50 max amplitude with pull buoy hand paddle r : 10".
- 8 x 50 technics/ 25 (1-arm crawl with fixed arm at the back, same with the other arm, big dog).
- 400 pull buoy hand paddle (speed 2).
- 4 x 50 (25 wp/ 25 complete swim pull buoy hand paddle).
- 6 x 50 (25 scull + 25complete swim).

#### RUNNING

13k

- 5' warm up.
- 3 x 15" at 80% of max heart rate, active recovery 3".
- 10' recovery.

#### BIKE

2h00/40k

- Bump session :
- warm up
  - Mount 4 x 3' in a bump at around 5/7%. Race tempo race.
  - Recovery : downhill.

#### SWIMMING

2600m

- 3 x (100Crawl + 50Legs + 50Back).
- 6 x 50/25 technics (1-arm crawl with fixed arm at the back, same with the other arm, scull in front) x 2.
- 600m nonstop pull buoy hand paddle and zoom speed 1.
- 3 x (4 x 50 r : 10" Recovery : 100m easy between the 3 sessions)
- 200m recovery.

#### BIKE

+  
RUNNING

- Bike : 2h00/60k.
- Home trainer :
- warm up.
  - 4 x 10' race speed r : 5'.
  - recovery.
- Running :
- 35-40min/6k.
  - soft jogging.

#### SWIMMING

+  
RUNNING

- Swimming : 2000m swimming at sea or in open water with :
- 15' freestyle warm up.
  - 4 x departure from the beach with 2' fast.
  - 5' race speed r : 3'.
- (Work : remove the suit after the series before recovery).
- Running : 14k, long jogging.

#### BIKE

90k

- Long outing "using race products", remember to be regular in your supplies (a sip of water every 10' + 1/2 bar or gel every 35').