

mercredi 10 mai 2017					jeudi 11 mai 2017					vendredi 12 mai 2017					samedi 13 mai 2017					
300 CR - 100 4N - 2x (100 CR - 3 x 50 (25 jbes/25 NC) 1 pap / 1 dos / 1 br)					900	20:00	300 CR - 100 4N - 2x (100 CR - 3 x 50 (25 jbes/25 NC) 1 pap / 1 dos / 1 br)					900	20:00	300 CR - 100 4N - 2x (100 CR - 3 x 50 (25 jbes/25 NC) 1 pap / 1 dos / 1 br)					900	20:00
	dist	reps	speed	rest		dist	reps	speed	rest		dist	reps	speed	rest		dist	reps	speed	rest	
Jbes 4N	100	5	02:00	01:00	Jbes 4N (1)	75	6	01:25	00:45	Jbes 4N (1)	75	6	01:25	00:45	25pap/75cr	100	5	01:30	00:30	
EZ	100	1	02:30	01:00	EZ NC	100	1	02:30	00:00	EZ NC	100	1	02:30	01:00	Jambes ondul	50	4	01:00	00:30	
Cr / 4N (1)	50	6	00:00	01:10	NC 4N (1)	75	9	01:15	00:45	Cr / 4N (2)	50	6	00:00	01:15	25dos/75cr	100	5	01:30	00:30	
EZ	200	1	05:00	01:00	EZ	200	1	05:00	00:00	EZ	200	1	05:00	01:00	Jambes Dos	50	4	01:00	00:30	
4N (2)	200	4	03:15	01:00	4N palmes (2)	100	6	01:30	00:30	Cr / 4N (2)	50	6	00:00	01:00	25brasse/75cr	100	5	01:30	00:30	
EZ	200	1	05:00	00:00	EZ	200	1	05:00	00:00	EZ	200	1	05:00	00:00	Jambes Brasse	50	4	01:00	00:30	
			00:00	00:00				00:00	00:00				00:00	00:00	EZ	200	1	05:00	00:00	
			00:00	00:00				00:00	00:00				00:00	00:00	W Departs/Virages		1	10:00	00:00	
			00:00	00:00				00:00	00:00				00:00	00:00				10:00	00:00	
<b>Totaux</b>	<b>3000</b>		<b>01:25:30</b>		<b>Totaux</b>	<b>3125</b>		<b>01:27:30</b>		<b>Totaux</b>	<b>2450</b>		<b>01:13:00</b>		<b>Totaux</b>	<b>3200</b>		<b>01:37:00</b>		
<i>inter serie</i>	6	02:00	12:00		<i>inter serie</i>	6	02:00	12:00		<i>inter serie</i>	6	02:00	12:00		<i>inter serie</i>	7	02:00	14:00		
(1) Cr/Pap/Cr/Dos/Cr/Br (2)200 4N : 50 pap/150 dos - 50 dos /150 brasse - 50 brasse/150 crawl - 4N					(1) 25 pap/50 dos - 25 dos/50 br - 25 br/50 cr (2) 1'20 pour les 2003					(1) 25 pap/50 dos - 25 dos/50 br - 25 br/50 cr (2) Cr/Pap/Cr/Dos/Cr/Br										

Total Semaine 11775