

lundi 15 mai 2017					mercredi 17 mai 2017					jeudi 18 mai 2017					vendredi 19 mai 2017					
300 CR - 200 4N - 150 CR - 100 Dos - 50 Pap					800	20:00	300 CR - 200 4N - 150 CR - 100 Dos - 50 Pap					800	20:00	300 CR - 200 4N - 150 CR - 100 Dos - 50 Pap					800	20:00
	dist	reps	speed	rest		dist	reps	speed	rest		dist	reps	speed	rest		dist	reps	speed	rest	
Pyramide jbes (1)	400	1	10:00	00:00	Jbes 3 Cr + 1 Spé	50	4	00:55	00:35	Jbes (1)	50	12	01:00	00:30	4 V.Jump& coulée (1)	25	8	01:00	00:30	
EZ	100	1	02:30	01:00	Jbes 3 Cr + 1 Spé	75	4	01:25	01:00	Pap/Cr (2)	75	7	01:10	00:35	Pap palmes (1)	50	10	00:50	00:40	
Technique Dos (2)	75	4	01:30	00:30	3 Cr + 1 Spé	50	4	00:39	00:45	EZ	75	1	01:10	00:35	EZ	100	1	02:30	01:00	
Dos	75	6	01:10	00:35	3 Cr + 1 Spé	75	4	01:10	00:40	Dos/Cr (2)	75	7	01:10	00:35	Sprint DP	25	8	00:20	01:40	
EZ	100	1	02:30	01:00	Cr (*)	400	3	06:15	01:45	EZ	75	1	01:10	00:35				00:00	00:00	
Crawl + Palmes	200	5	02:45	01:00	EZ	100	1	03:00	00:00	Br/Cr (2)	75	7	01:10	00:35				00:00	00:00	
EZ	200	1	05:00	00:00				00:00	00:00	EZ	75	1	01:10	00:35				00:00	00:00	
			00:00	00:00				00:00	00:00				00:00	00:00				00:00	00:00	
			00:00	00:00				00:00	00:00				00:00	00:00				00:00	00:00	
<b>Totaux</b>	<b>3350</b>		<b>01:28:15</b>		<b>Totaux</b>	<b>3100</b>		<b>01:27:36</b>		<b>Totaux</b>	<b>3200</b>		<b>01:29:00</b>		<b>Totaux</b>	<b>1800</b>		<b>01:12:30</b>		
<i>inter serie</i>	6	01:30	09:00		<i>inter serie</i>	6	02:00	12:00		<i>inter serie</i>	6	01:30	09:00		<i>inter serie</i>	3	02:00	06:00		
(1) départs : 25 (45") - 50 (1'30) - 75 (2'00) - 100 (2'30) - 75 (1'50) - 50 (1'20) - 25 (2) 25 educ 1 - 25 NC - 25 educ 2										(1) 3 Cr / 1 4n (2) 25/50					(1) 10 m coulée					

Total Semaine 11450