

| lundi 22 mai 2017 | | | | | mercredi 24 mai 2017 | | | | | jeudi 25 mai 2017 | | | | | vendredi 26 mai 2017 | | | | |
|---|-------------|-------|-----------------|-------|--|-------------|-------|-----------------|-------|--------------------|----------|-------|-----------------|--|----------------------|-------------|-------|-----------------|-------|
| | | | | | | | | | | Ascension | | | | | | | | | |
| 200 NL - 50 jbes brasse (dorsal) - 100 dos - 50 jbes dos - 100 brasse - 3 x 100 4N | | 800 | 20:00 | | 200 NL - 50 jbes brasse (dorsal) - 100 dos - 50 jbes dos - 100 brasse - 3 x 100 4N | | 800 | 20:00 | | | | 00:00 | | 200 NL - 50 jbes brasse (dorsal) - 100 dos - 50 jbes dos - 100 brasse - 3 x 100 4N | | 800 | 20:00 | | |
| | dist | reps | speed | rest | | dist | reps | speed | rest | | dist | reps | speed | rest | | dist | reps | speed | rest |
| Jbes palmes (1) | 150 | 6 | 02:45 | 01:00 | Jbes tuba | 50 | 6 | 01:00 | 00:30 | | | | 00:00 | 00:00 | Jbes 3 Cr + 1 Spé | 50 | 4 | 00:55 | 00:35 |
| Crawl Hypoxie (2) | 50 | 8 | 00:40 | 00:40 | Crawl plaq | 100 | 4 | 01:30 | 00:30 | | | | 00:00 | 00:00 | Jbes 3 Cr + 1 Spé | 75 | 4 | 01:25 | 01:00 |
| EZ | 100 | 1 | 03:00 | 00:00 | Jbes tuba | 50 | 6 | 01:00 | 00:30 | | | | 00:00 | 00:00 | EZ | 100 | 1 | 03:00 | 00:00 |
| | | | 00:00 | 00:00 | Crawl NC | 100 | 4 | 01:30 | 00:30 | | | | 00:00 | 00:00 | 3 Cr + 1 Spé | 50 | 4 | 00:39 | 00:45 |
| | | | 00:00 | 00:00 | EZ | 100 | 1 | 03:00 | 00:00 | | | | 00:00 | 00:00 | 3 Cr + 1 Spé | 75 | 4 | 01:00 | 00:45 |
| | | | 00:00 | 00:00 | Palmes (1) | 200 | 4 | 03:00 | 01:00 | | | | 00:00 | 00:00 | EZ | 100 | 1 | 03:00 | 00:00 |
| | | | 00:00 | 00:00 | EZ | 200 | 1 | 05:00 | 00:00 | | | | 00:00 | 00:00 | 3 Cr + 1 Spé DP | 25 | 8 | 00:00 | 01:00 |
| | | | 00:00 | 00:00 | | | | 00:00 | 00:00 | | | | 00:00 | 00:00 | EZ | 100 | 1 | 03:00 | 00:00 |
| | | | 00:00 | 00:00 | | | | 00:00 | 00:00 | | | | 00:00 | 00:00 | | | | 00:00 | 00:00 |
| Totaux | 2200 | | 01:00:10 | | Totaux | 3300 | | 01:27:00 | | Totaux | 0 | | 00:00:00 | | Totaux | 2300 | | 01:15:46 | |
| <i>inter serie</i> | 2 | 02:00 | 04:00 | | <i>inter serie</i> | 6 | 01:30 | 09:00 | | <i>inter serie</i> | | 00:00 | 00:00 | | <i>inter serie</i> | 7 | 01:30 | 10:30 | |
| (1) 1/3/5 avec planche prog dans le 150 - 2/4/6 sans planche 25 sous l'eau/25 surface (2) 2 respiration par 25 | | | | | (1)tous les 50 : 6 ondulations + 3 cycles papillon reste NL | | | | | | | | | | | | | | |

Total Semaine 7800