

| lundi 12 juin 2017 | | | | | mercredi 14 juin 2017 | | | | | jeudi 15 juin 2017 | | | | | vendredi 16 juin 2017 | | | | |
|--|-------------|-------|-----------------|-------|--|-------------|-------|-----------------|-------|--|-------------|-------|-----------------|-------|--|------------|-------|-----------------|-------|
| 300 CR - 200 4N - 150 CR - 100 Br - 50 Pap | | | | | 300 CR - 200 4N - 150 CR - 100 Br - 50 Pap | | | | | 300 CR - 200 4N - 150 CR - 100 Br - 50 Pap | | | | | 300 CR - 200 4N - 150 CR - 100 Br - 50 Pap | | | | |
| | | | 800 | 20:00 | | | | 800 | 20:00 | | | | 800 | 20:00 | | | | 800 | 20:00 |
| | dist | reps | speed | rest | | dist | reps | speed | rest | | dist | reps | speed | rest | | dist | reps | speed | rest |
| Jbes (1) | 50 | 6 | 01:00 | 00:30 | Jbes Cr | 50 | 6 | 01:00 | 00:30 | 4N Educ/NC | 50 | 8 | 01:00 | 01:00 | Polo ? | | | 00:00 | 00:00 |
| Educ/NC brasse (2) | 50 | 6 | 01:00 | 00:30 | Educ/NC Cr | 50 | 6 | 01:00 | 00:30 | Australienne ? | | | 00:00 | 00:00 | | | | 00:00 | 00:00 |
| 25 Brasse/25 Cr (3) | 50 | 10 | 01:00 | 01:00 | Crawl (1) | 25 | 12 | 00:20 | 00:40 | | | | 00:00 | 00:00 | | | | 00:00 | 00:00 |
| EZ | 100 | 1 | 03:00 | 01:00 | EZ | 100 | 1 | 03:00 | 01:00 | | | | 00:00 | 00:00 | | | | 00:00 | 00:00 |
| W départ | | 1 | 15:00 | 00:00 | Crawl (2) | 75 | 8 | 01:06 | 00:44 | | | | 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 | | | | 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 | | | | 00:00 | 00:00 | | | | 00:00 | 00:00 |
| Totaux | 2000 | | 01:25:00 | | Totaux | 2600 | | 01:23:40 | | Totaux | 1200 | | 00:36:00 | | Totaux | 800 | | 00:20:00 | |
| <i>inter serie</i> | 4 | 02:00 | 08:00 | | <i>inter serie</i> | 5 | 02:00 | 10:00 | | <i>inter serie</i> | 0 | 02:00 | 00:00 | | <i>inter serie</i> | 0 | 02:00 | 00:00 | |
| (1) 2 battements/1 brasse (2) 2x jbes/1x bras - 2x bras/1 jbes (3) 5 palmes / 5 NC (25 brasse +++) + tempo trainer | | | | | (1) Prog 1 à 4 coups de bras constants (2) coups de bras par 25 m constants | | | | | | | | | | | | | | |

Total Semaine 6600