

Nage – Reprise – Sprint

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échauffement (1 200)

- 600 sans palme (200 complet / 200 BO+bat / 200 ↑25+canard)
- 400 vir-fond (200 1B / 200 BO+bat)
- 200 planche costal (bat+ond)

sprint (1 000)

- 2×[6×50 NL C12.5 dep 0'50 rep 1'00]
 - (L: s1 0'34 s2 0'32 – F: s1 0'33 s2 0'30)
- 4×50 NL C12.5 dep 1'15
 - (L: 0'29 0'30 0'31 0'29 – F: 0'28×4)
- 200 RO récup

endurance (2 000)

- 10×100 NL C12.5 dep 1'30
 - (L: 1'18 last-2 1'14 – F: 1'14)
- 200 RO
- 12×100 jambe dep 0'55 C17.5 ond + surf bat-dos
 - 9-10: C22.5 – 11-12 C27.5
- 200 RO

récupération (200)

- 200 dos 2B