

S1

S2

S3

S4

S5

S6

# SEMAINE 6

★ SWIMRUN COURT

NATATION 1

1600 M



**ECHAUFFEMENT** : 4 X 50m SOUPLE (25 NL/25 DOS) +4 X 50m nl prog

**CORPS DE SÉANCE** : 8 X 100m PB - r = 15'' / 4 X 50m vite - r = 20''

**RÉCUPÉRATION** : 200m Souple



COURSE À PIED 1

60' ⌚



**FOOTING** : 60' Souple



SWIMRUN

