



PLAN D'ENTRAINEMENT ANJOU SWIMRUN FORMAT S

S	NAT	CAP	NAT	CAP
18 au 24	400m echauff - (50-100-150 rec 15'')x4 REC 1'	20' echauff - 2x 8' recup (45'' chaise 2' footing)	400m echauff - 400m pull - 500m PP - 300m pull	20' echauff - 6 x côte 45'' rec descente + 45'' chaise en bas
25 au 31	400m echauff - 12x50m rec 10'' - 6 x 100m rec 15''	20' echauff - 3 x 6' circuit vallonné rec 45'' chaise - 20 squats - footing 1'	400me echauff - 400 pull - 600m PP - 400m pull	20' echauff - 6 x (30''-30'') + 6' circuit vallonné + 6x(30''-30'')
01 au 07	400m echauff - 10 x100m rec 15''	20' echauff + 3x5' circuit vallonné recup (20 squats - 2' footing)	400m echauff + (300 pull - 500 PP)x2	20' echauff + 1'2'3'4'3'2'1' rec 1/2 tps de travail
08 au 14	400m echauff - (50 - 100 - 50)x 6 rec 15''	20' echauff 4'5'4'5' rec (45'' chaise 20 squats 1'30'' foting)	400m echauff - 1000m regulier PP - 400 Pull (50 rapide/50 ampli)	20' echauff + 8' 6' 4' rec 1/2 tps de travail
15 au 21	400m echauff + 8 x 150m rec 15''	20' echauff + 5x4' recup (15 squat - 45''chaise - 15 squat)	400m echauff 4x400m PP rec 30'' 1 ampli 1 50rapide/50ampli	20' echauff + 20' en rythme + 10' Recup
22 au 28	400m echauff + (200-150-100-50m recup 15'')x 3	20'echauff + 6x3' recup 1'30''	400m echauff + 600/400/200m PP rec 45''	45' FOOTING
29 au 05 /05	400m echauff + 6x50m rec 15''-3x100m rec 15''-300m	40' footing		