

NATATION SEMAINE 04

SEANCE 1 total N1 : 3200m N2 : 2600m

Echauff : 300 (75crawl 25 batt) 300 (50 brasse 25dos 25 crawl)

N1 5X400 R20 " 1/crawl pull 2/4x100crawl nc r 15" 3/crawl pull 4/n1 8x500 n2 6x50
N2 6X300 crawl nc 5/ crawl plaquettes pull

100 souple

6x50 jambes palmes r 20" N2 4X50 idem R 20"

200 souple au choix récup

SEANCE 2 total N1 : 2700m N2 : 2400m

Echauff: 5x100 (50crawl 25dos 25 brasse) R10"
200 jambes palmes

800 crawl pull souple

N1 16 X 50 crawl nage complète appuyés R15"

N2 12 X 50 idem

N1 400 crawl pull souple

N2 300 idem