

## NATATION SEMAINE 18

### SEANCE 1

CD N1 3200M N2 2500M

Echauff: 100c 100b 100d – 200 (50c25d 25b)

N1 10x 100 c r 15'' 1 appuyé z3 1 souple pull z2

N2 8x

100souple

N1 500 n2 400 c plaquett+pull

100 souple

4x25 c sprint r 20'' – 100c pull souple n1 x3 n2 x2

Recup inter série 30''

200 récup

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### SEANCE2

CD N1 3200 N2 2500M

Echauff à sec

N1 6x 100 c nc zone3 r 15''

N2 4x

N1 600 c pull z2

N2 400 idem

N1 400j palmes n2 300

100 souple

N1 12x50 n2 10x 50 c r15''

(25 sprint 25 souple)

N1 500 c plaq pull

N2 400 idem

300 recup auchoix