

## 1 hour of dryland, emphasis on « maximal » strength

### A) Warm-up : 5' free then

6x(10 plank push-up + 20 mountain climber + 10 plank squat + 20 jumping jack)

### B) Strength :

- 1) 10x(3 unilateral dumbbell rowing (3L+3R) @1') 18 kgs
- 2) 10x(3 dead stop push-up with weights on back @1') 15 kgs
- 3) 10x(3 barbell power-clean @1') 22 kgs (control the descend)
- 4) 10x(3 overhead dumbbells split lunges (3L+3R @1') 10 kgs each arms

## 2h15 of swimming

Purpose of training session: Aerobic Power / IM's transitions

Pool : LCM

### Warm-up :

4x(100 fr<sup>3/5/7</sup>-100 (75 drills-25 swim)-100 IM)

1200

1) with fins & 100 = fly / 2) with fins & 100 = bk / 3) with fins & 100 = fr / 4) 100 = brst

### Main set : 3 rounds of « 1000 » aerobic power and IM's transition work + 300 DPC

#### ROUND 1 :

6x25 fly @35"

(25's at 200 fly tempo)

75 (50 fly-25 bk) @1'15"

fast (try to hold 400 IM tempo, not necessary times)

6x50 (25 fly-25 bk) @1'

fast (try to hold 400 IM tempo, not necessary times)

75 (25 fly-50 bk) @1'15"

fast (try to hold 400 IM tempo, not necessary times)

2x100 (50 fly-50 bk) @1'45"

(as closest as possible 400 IM split pace)

200 IM @3'30"

fast

300 fr with paddles/ breathe every 3 @5' (DPC, focus on maintain long stroke)

1300 / 2500

#### ROUND 2 :

6x25 bk @35"

(25's at 200 bk tempo)

75 (50 bk-25 brst) @1'15"

fast (try to hold 400 IM tempo, not necessary times)

6x50 (25 bk-25 brst) @1'

fast (try to hold 400 IM tempo, not necessary times)

75 (25 bk-25 brst) @1'15"

fast (try to hold 400 IM tempo, not necessary times)

2x100 (50 bk-50 brst) @1'45"

(as closest as possible 400 IM split pace)

200 IM @3'30"

fast

300 fr with paddles/ breathe every 3 @5' (DPC, focus on maintain long stroke)

1300 / 3800

#### ROUND 3 :

6x25 brst @35"

(25's at 200 brst tempo)

75 (50 brst-25 fr) @1'15"

fast (try to hold 400 IM tempo, not necessary times)

6x50 (25 brst-25 fr) @1'

fast (try to hold 400 IM tempo, not necessary times)

75 (25 brst-50 fr) @1'15"

fast (try to hold 400 IM tempo, not necessary times)

2x100 (50 brst-50 fr) @1'45"

(as closest as possible 400 IM split pace)

200 IM @3'30"

fast

300 fr with paddles/ breathe every 3 @5' (DPC, focus on maintain long stroke)

1300 / 5100

### Secondary set : Speed work

8x50 with fins @1' (15 sprint – 35 EZ fr)

Sprint = 2/stroke

400 / 5500

### Active rest :

1000 with fins (100 fr<sup>3/5/7</sup>-100 IM-50 bk)

1000 / 6500

TOTAL = 6500 meters

NB : exponent numbers indicates breathe patterns