

Echauffement :

- 400m libre

Corps de leçon :

- 5x 100m crawl (repos 40sec)
- 100m jambes crawl
- 2x 150m (50m crawl - 50m jambes crawl -50m crawl)
- 2x 25m sprint

Retour au calme

- 200m souple

1550m