

Sem 8

Mardi 17/02 tech/aéro

4 x (100 ratt/100 1 bras/50 /100 nc/ 100 batt
400 vit max nc R 2'
8 x 100 vit du 400 R 10''
400 pull ampl rma
(3200)

Jeudi 19/02 vma

3 x 300/400/500/800 R t de course

Vend 20/02 tech, renf

400 50 pull/ 50 batt
12 x 50 nc prog 1 à 3 R 15''
500 pull cheville rma
400 25 polo sprint /25 souple
4 x 200 plaq seule R 30 ''
500 pull ampl
(3200)

SEM 9

Mardi 24 /02 tech

600 pull chevilles ampl
300 batt
4 x (2 x 50 ampl le - de mvts poss/2 x 50 sprint R 1' /100 ratt 2 tps)
8 x 100 nc (1 plaq droit / 1 plaq gauche) R 15'' appuyer paril des 2bras
400 pull 3,5
(3300)

Jeudi 26/2 vma

3 x (5 x 200 R 30'' (R 1') – 1 x 1000 R 2'30)

Vend 29 /02 tech /4 n

5 x 100 4 n 2pull/1 jbs / 2 nc
3 x 100 1bras/50 – 100 nc – 100 ratt plaq seule
500 plaq (50 brasse soupke/ 50 crawl rapide
600 plaq pull ampl
200 25 poings fermés/25 normal
200 nv ampl
(2900)