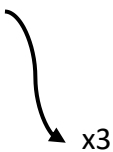
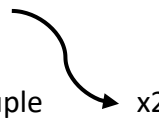


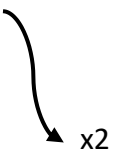
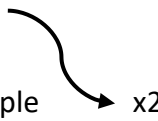
Mardi 3 septembre 2024

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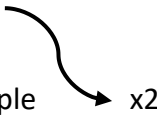
Groupe 1 : 3000m

- 100m en Crawl
50m en Dos
100m en Crawl
50m en Brasse  x3
- 600m Crawl
100m en PB 3/5 tps
50m en Batt
- Palmes 6x100m R:15"
1 crawl / 1 au choix
75m éduc – 25m jbs
- 100m Dos 2 bras
6x50m R: 15"
15m+++ / 35m souple  x2
- 100m RA

Groupe 2 : 2500m

- 100m en Crawl
50m en Dos
100m en Crawl
50m en Brasse  x2
- 600m Crawl
100m en PB 3/5 tps
50m en Batt
- Palmes 6x100m R:15"
1 crawl / 1 au choix
75m éduc – 25m jbs
- 100m Dos 2 bras
4x50m R: 15"
15m+++ / 35m souple  x2
- 100m RA

Groupe 3 : 1800m

- 100m en Crawl
50m en Dos
100m en Crawl
50m en Brasse
- 400m Crawl
75m en PB 3/5 tps
25m en Batt
- Palmes 4x100m R:15"
1 crawl / 1 au choix
75m éduc – 25m jbs
- 100m Dos 2 bras
4x50m R: 15"
15m+++ / 35m souple  x2
- 100m RA