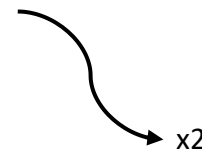


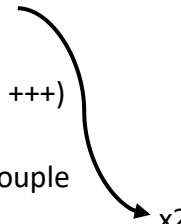
# Mardi 3 décembre 2024


## LAC

### Groupe 1 : 3200m

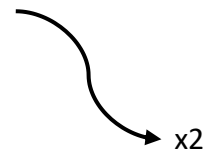
- 150m en Crawl  
50m en Dos  
150m en Crawl  
50m en Brasse  x2

- Palmes  
8x100m R:10"
  - 1 en Crawl longues coulées
  - 1 en 4 Nages

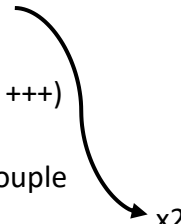
- 100m en batt  
200m en PB  
(75m 5tps – 25m +++)  
4x50m R:15"  
25m +++ - 25m souple  
100m en Brasse "relax"  x2


- 25m godille  
25m dos à 2 bras  
50m au choix  x4

### Groupe 2 : 2600m

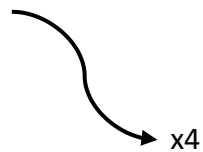
- 100m en Crawl  
50m en Dos  
100m en Crawl  
50m en Brasse  x2

- Palmes  
6x100m R:10"
  - 1 en Crawl longues coulées
  - 1 en 4 Nages

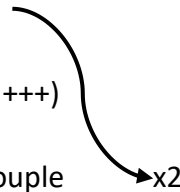
- 100m en batt  
200m en PB  
(75m 5tps – 25m +++)  
4x50m R:15"  
25m +++ - 25m souple  
100m en Brasse "relax"  x2


- 25m godille  
25m dos à 2 bras  
50m au choix  x2

### Groupe 2 : 2100m

- 75m en Crawl  
25m en Dos  
75m en Crawl  
25m en Brasse  x4

- Palmes  
4x100m R:10"
  - 1 en Crawl longues coulées
  - 1 en 4 Nages

- 100m en batt  
200m en PB  
(75m 5tps – 25m +++)  
4x50m R:15"  
25m +++ - 25m souple  x2

- 25m godille  
25m dos à 2 bras  
50m au choix  x3