

Séance spéciale pap

Echauffement

100 crawl 100 4 nages

100 crawl 100 4 nages educ

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Educatifs pap

2 * (100 biondi drill – battements crawl

100 1bv – 1br

100 1bv-nc – 1br-nc

100 pullbuoy – pullbuoy poings)

1 palmes 1 normal

100 souple

Travail pap

(2 * 100 ondulations - nc

2 * 100 pap++ - crawl - pap++ - crawl)

1 palmes 1 normal

200 souple

virages 15 + 15