

AQUATICRUNNER XTriM Border Lagoon

**Do you want to begin and "AmphibianMan" in 10 Weeks?
Following the "Kamibayashi Table"**



1ST WEEK

- RUN (total 12 km) long-1h
- SWIM – (total 2600 mt) 500 WORMING UP 200/100 with FLAT PADDLE (600 mt) 10x100 FREESTYLE (1000 mt) 200/100 with FLAT PADDLE AND PULL BUOY (600 mt) 500 COLD DOWN

2ST WEEK

- RUN fartlek 10 min WORMING UP 20 min (1 min FAST AND 1 min SLOW) 10 COLD DOWN
- SWIM/HARD – (total 2100 mt) 500 WORMING UP 1000 FLAT PADDLE AND PULL BUOY AND SHOES 5x100 FLAT PADDLE recovery 15 sec 3x100 FLAT PADDLE recovery 10 sec 2x50 HARD NO SWIMMING TOOLS rec 20 sec 200 COLD DOWN Julay 9th SWIM&RUN OPEN WATE 1.5 h SWIM&RUN- MINIMUN 4 TRANSACTION

3ST WEEK

- RUN (total 14 km) long-1h15
- SWIM – (total 3200 mt) 500 WORMING UP 300/200/100 with FLAT PADDLE (600 mt) 10x100 FREESTYLE (1000 mt) 300/200/100 with FLAT PADDLE AND PULL BUOY (600 mt) 500 COLD DOWN Julay 16th 3) SWIM&RUN SWIMMING POOL (1500 Swim + 6000 Run) repete for 3x (500 mt SWIM FREESTYLE and 2000 mt RUN) with FLAT PADDLE AND PULL BUOY

4ST WEEK

- RUN fartlek 20 min WORMING UP 30 min (1 min FAST AND 1 min SLOW) 10 COLD DOWN - in the beach
- SWIM/HARD – (total 3200 mt) 500 WORMING UP 1000 FLAT PADDLE AND PULL BUOY AND SHOES 8x100 FLAT PADDLE recovery 15 sec 6x100 FLAT PADDLE recovery 10 sec 8x50 HARD NO SWIMMING TOOLS rec 20 sec 200 COLD DOWN
- SWIM&RUN OPEN WATER 2 h SWIM&RUN- MINIMUN 8 TRANSACTION - in the beach

5ST WEEK

- RUN (total 15/18 km) long-1h30
- SWIM – (total 3400 mt) 500 WORMING UP 300/200/100 with FLAT PADDLE (600 mt) 12x100 FREESTYLE (1000 mt) 300/200/100 with FLAT PADDLE AND PULL BUOY (600 mt) 500 COLD DOWN Julay 30th 3)
- SWIM&RUN SWIMMING POOL (2500 Swim + 10000 Run) repete for 5x (500 mt SWIM FREESTYLE and 2000 mt RUN) with FLAT PADDLE AND PULL BUOY

6ST WEEK

- RUN fartlek 20 min WORMING UP 60 min (1 min FAST AND 1 min SLOW) 20 COLD DOWN - in the beach
- SWIM/HARD – (total 4100 mt) 500 WORMING UP 1000 FLAT PADDLE AND PULL BUOY AND SHOES 10x100 FLAT PADDLE recovery 15 sec 10x100 FLAT PADDLE recovery 10 sec 10x50 HARD NO SWIMMING TOOLS rec 20 sec 600 COLD DOWN
- SWIM&RUN OPEN WATER 2.5 h SWIM&RUN- MINIMUM 10 TRANSACTION - in the beach

7ST WEEK

- RUN (total 10 km) long 50'
- SWIM – (total 3200 mt) 500 WORMING UP 300/200/100 with FLAT PADDLE (600 mt) 10x100 FREESTYLE (1000 mt) 300/200/100 with FLAT PADDLE AND PULL BUOY (600 mt) 500 COLD DOWN
- SWIM&RUN OPEN WATER 1.5 h SWIM&RUN- MINIMUM 6 TRANSACTION

8ST WEEK

- SWIM – (total 2600 mt) 500 WORMING UP 200/100 with FLAT PADDLE (600 mt) 10x100 FREESTYLE (1000 mt) 200/100 with FLAT PADDLE AND PULL BUOY (600 mt) 500 COLD DOWN August 17th RUN (total 10 km) long
- SWIM&RUN OPEN WATER 1.5 h SWIM&RUN- MINIMUM 6 TRANSACTION
- SWIM&RUN SWIMMING POOL (1500 Swim + 6000 Run) repete for 3x (500 mt SWIM FREESTYLE and 2000 mt RUN) with FLAT PADDLE AND PULL BUOY

9ST WEEK

- RUN (total 7 km) long 45' - in the beach
- SWIM&RUN OPEN WATER 1.5 h SWIM&RUN- MINIMUM 6 TRANSACTION
- SWIM – (total 2500 mt) 500 WORMING UP 10x100 FREESTYLE (1000 mt) 500 COLD DOWN

10ST WEEK

- RUN (total 6 km) long 40'
- SWIM – (total 2000 mt) 500 WORMING UP 10x100 FREESTYLE (1000 mt) 500 COLD DOWN

Have a nice Aquaticrunner IWC World Championship!!

