



Regroupement régional 23 mars Bourges

34 NAGEURS / 5 entraîneurs / 9 stagiaires MSN

Organisation Séance Natation

- ✓ 2 lignes pour le test 8x50 m
- ✓ 1 ligne pour la récupération
- ✓ 1 ligne pour un travail sur les jambes/placement
- ✓ 1 ligne pour un travail sur les bras

Travail sur les jambes/placement : 1.400m

- ◆ 600 Tuba (50 jbs battements + 50 jbs ondules + 50 CR amplitude
- ◆ / 50 battements + 50 jbs brasse + 50 CR amplitude) x2
- ◆ 600 palmes :
 - 15m ondules coulée + 35 jbs dos / 50 CR ampli
 - 20m ondules coulée + 30m jbs dos / 50 CR ampli
 - 25m ondules coulée + 25m jbs dos / 50 CR ampli
- ◆ 200 NC au choix

Proposition de Travail en propulsion : 1.200m

- ◆ 200 4N éduc
- ◆ 16x50 (à l'aller 2 par nage / retour souple) - Le premier 50 chercher à faire le moins de CB possible en exagérant / le 2ème chercher à en faire le moins possible en gardant une nage continue.
- ◆ 200 au choix

Test Triton

8x 50 m départ 1' / 1'05 / 1'10 / 1'15 2 moyens/ 2 soutenus/ 2 vite / 2 très vite

Evaluation organisation motrice (fréquence/ amplitude) pour élever sa vitesse de nage

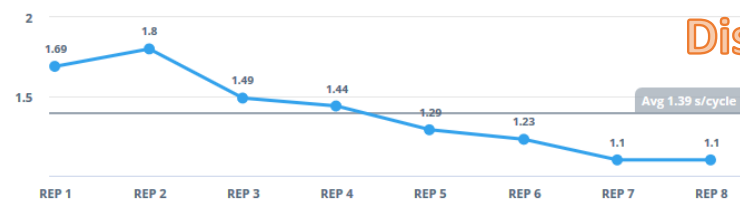
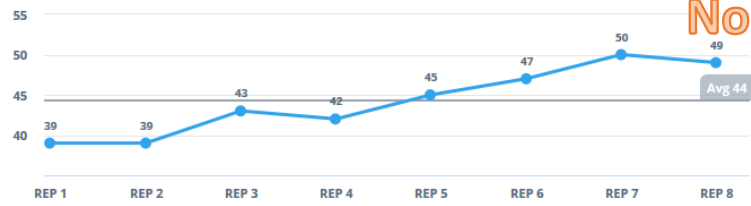
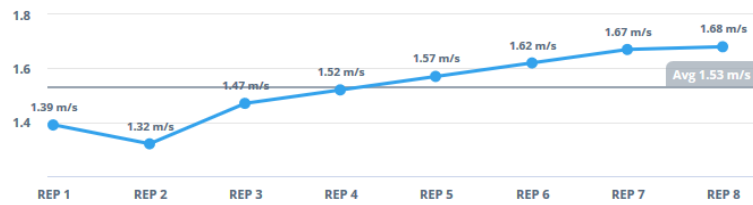
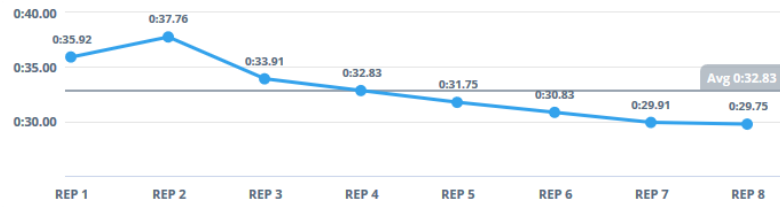
Temps / Vitesse/ Nombre de coups de bras/Distance par cycle / Respiration/ Score SWOLF



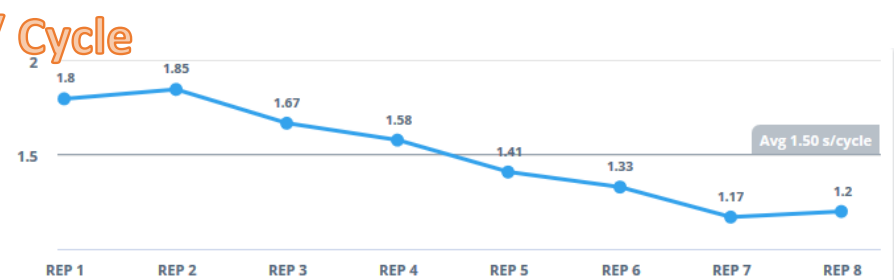
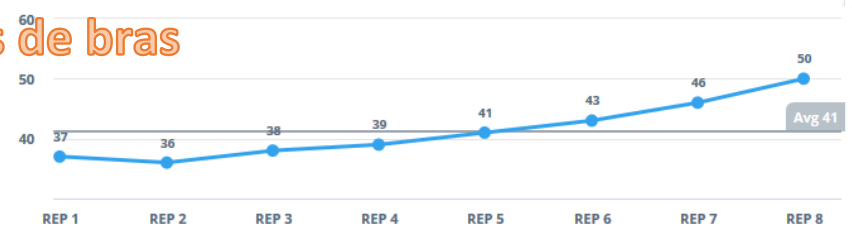
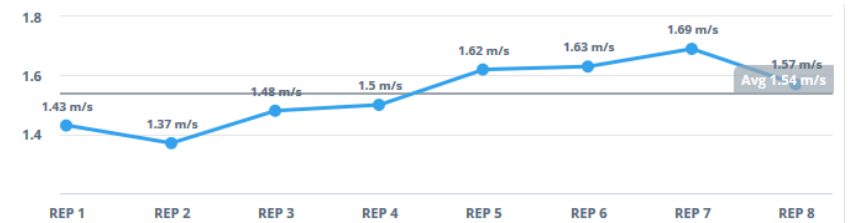
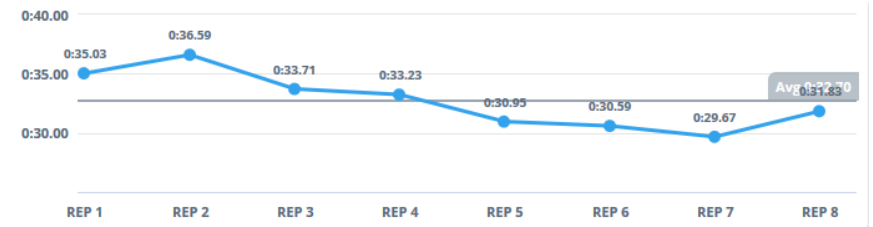
Echauffement :

- ✓ 150 cr resp3 + 1004N éducation
- ✓ 150 cr resp 5/3/5+1004N s/pl
- ✓ 150cr resp 5/7/5+ 1004N Ampli
- ✓ 150cr acc/50 + 100 4n envers.

SAMUEL DIANCOURT



Nathan NSEMBENE

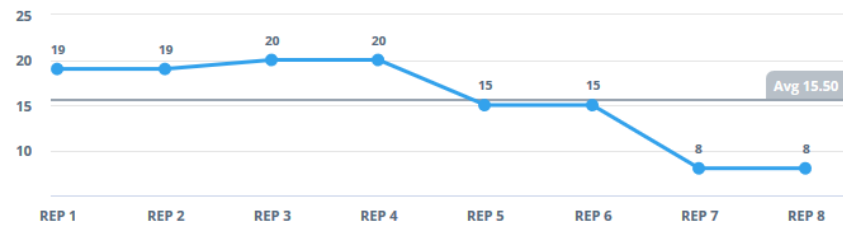


Temps

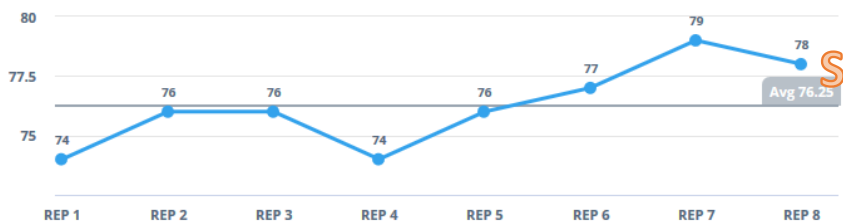
Vitesse

Nombre de coups de bras

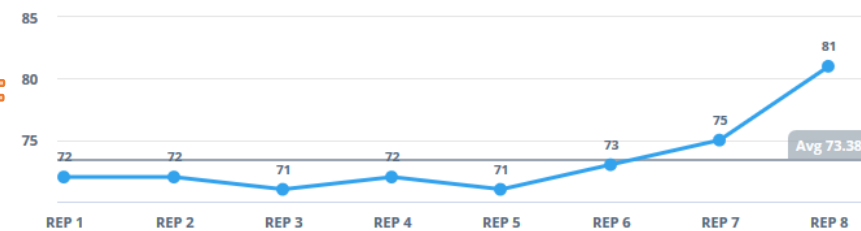
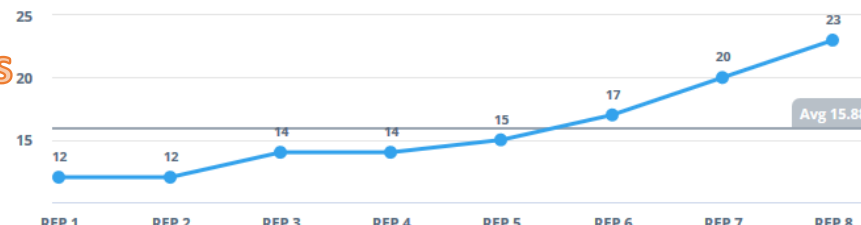
Distance/Durée/ Cycle



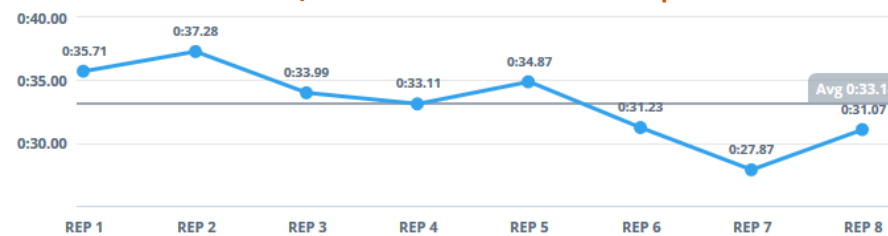
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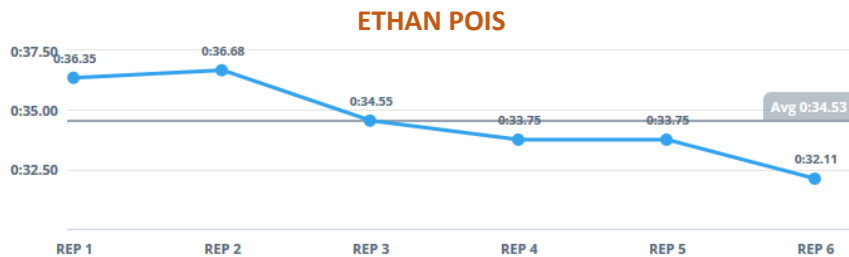
Score SWOLF



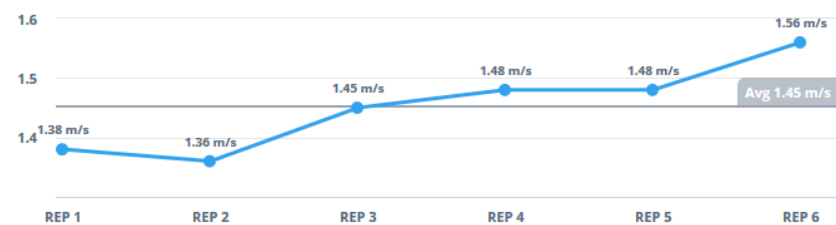
TOM CAMUS / ERREUR 7EME 30''11 46 coups de bras



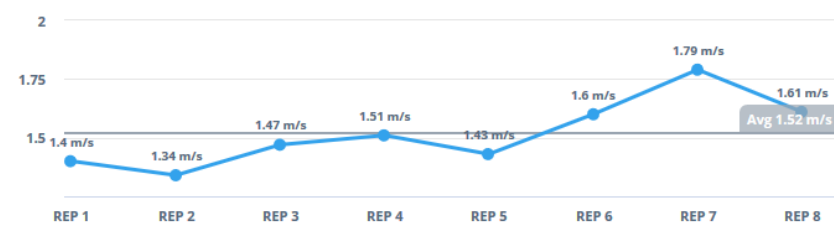
Temps



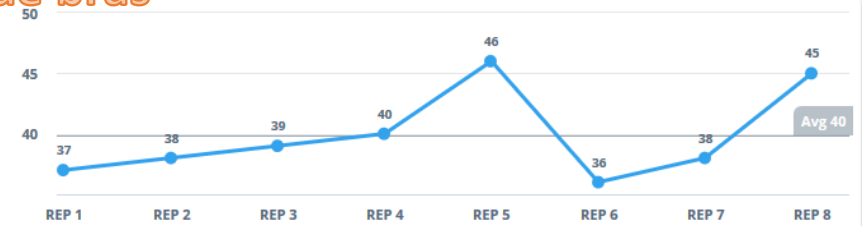
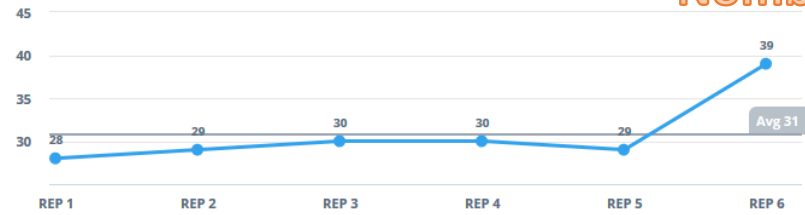
ETHAN POIS



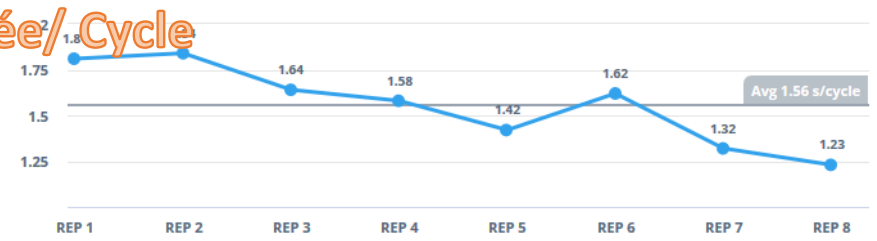
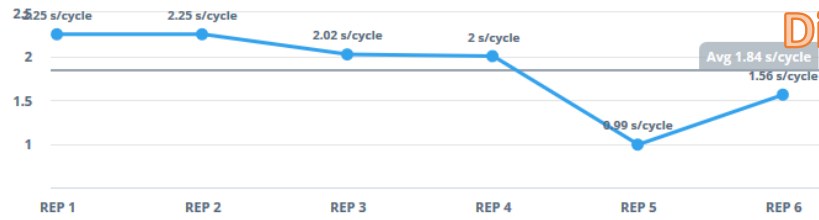
Vitesse



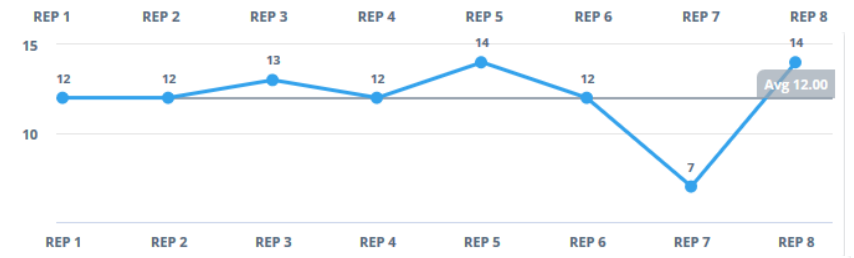
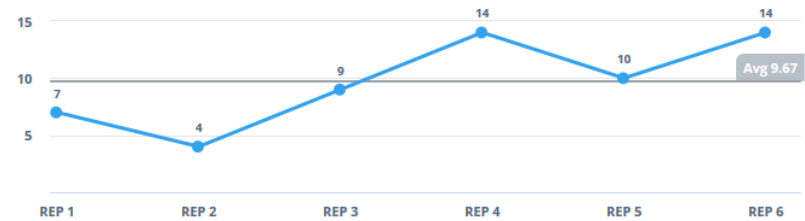
Nombre de coups de bras



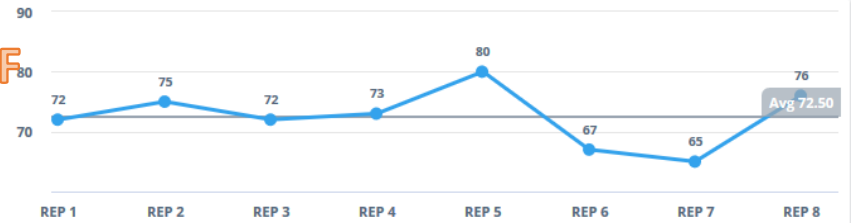
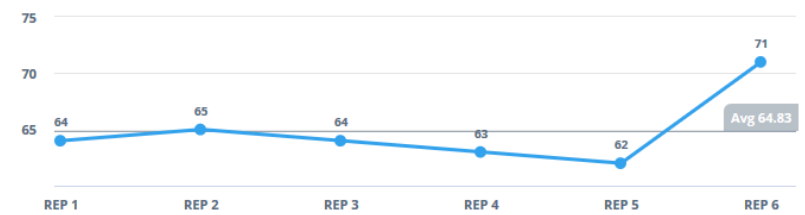
Distance/Durée²/Cycle



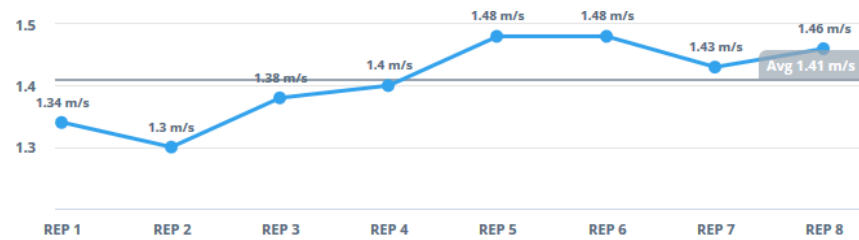
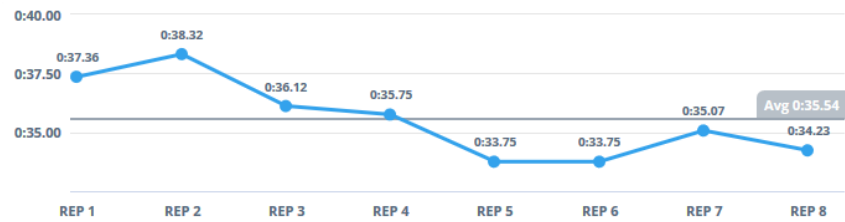
Respirations



Score SWOLF



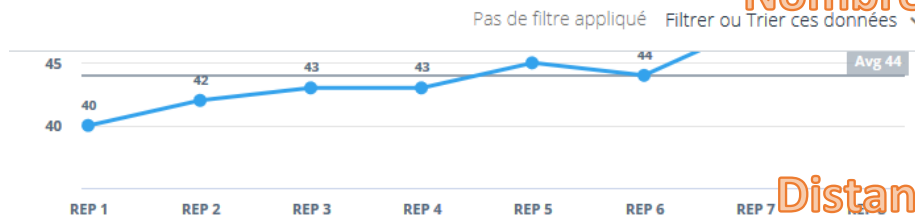
LEO PAUL CORNET



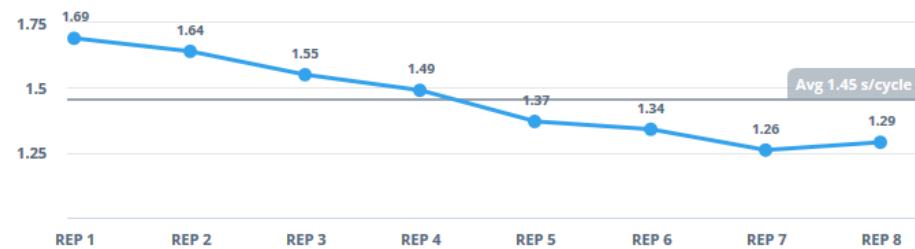
Temps

Vitesse

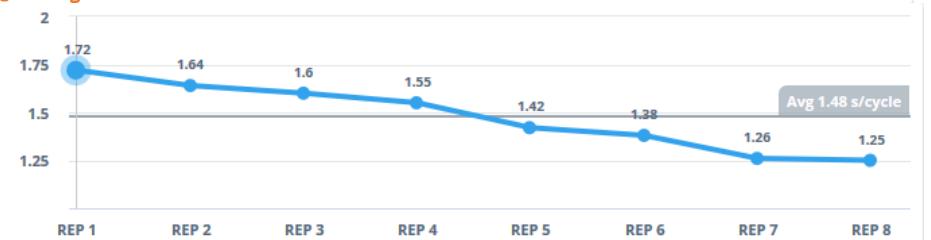
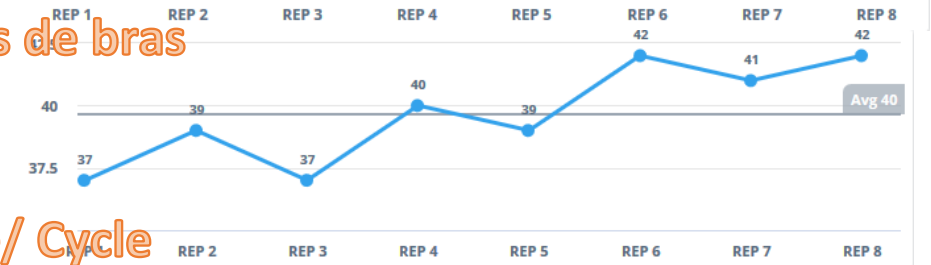
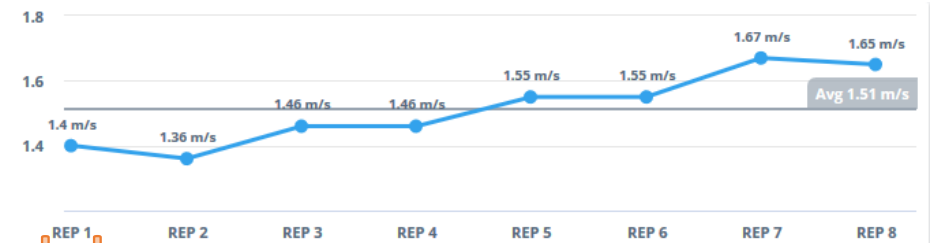
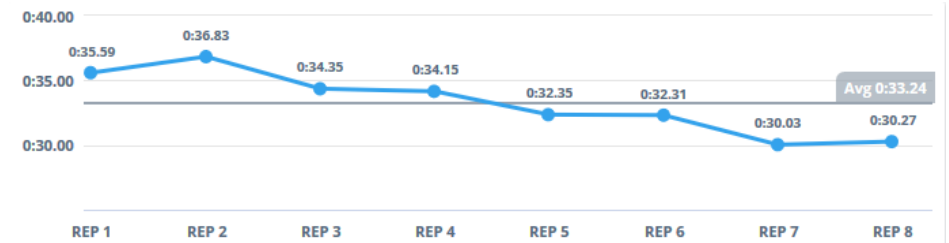
Nombre de coups de bras

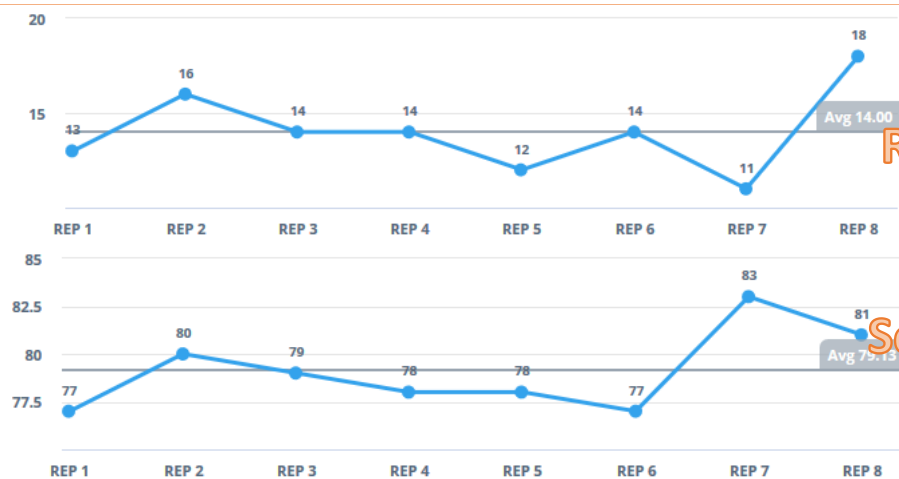


Distance/Durée/ Cycle



ANTOINE ROCHELET

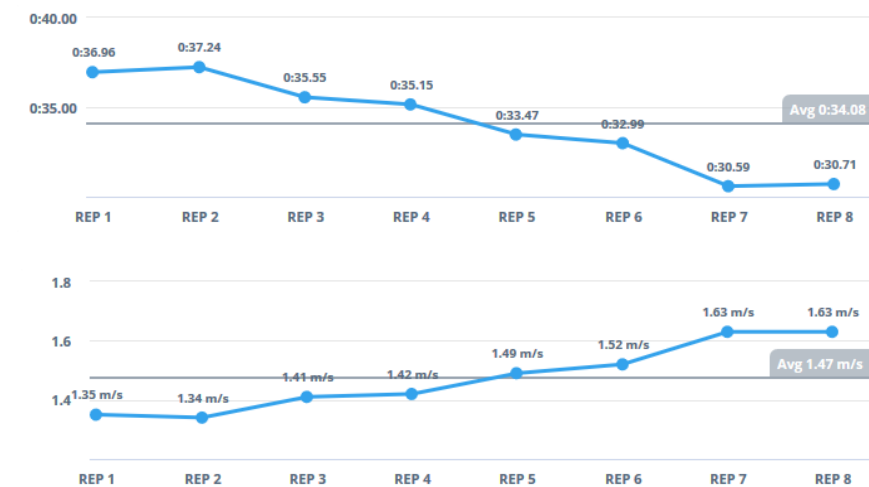




Respirations

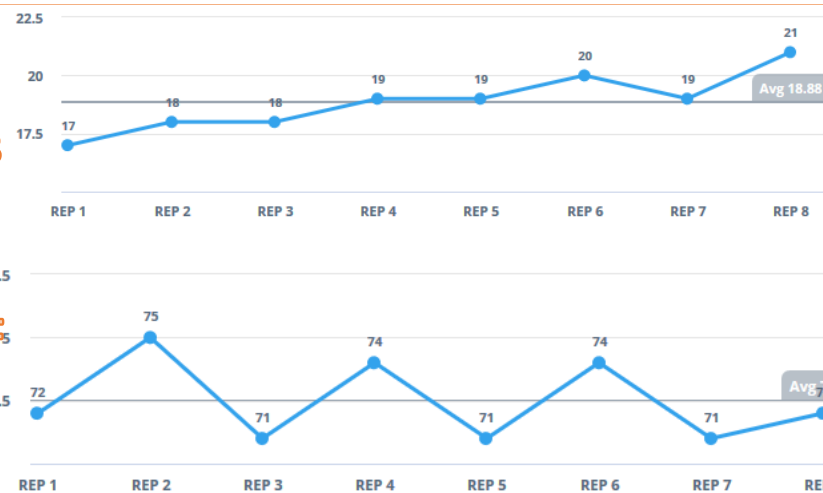
Score SWOLF

HUGO MULLER

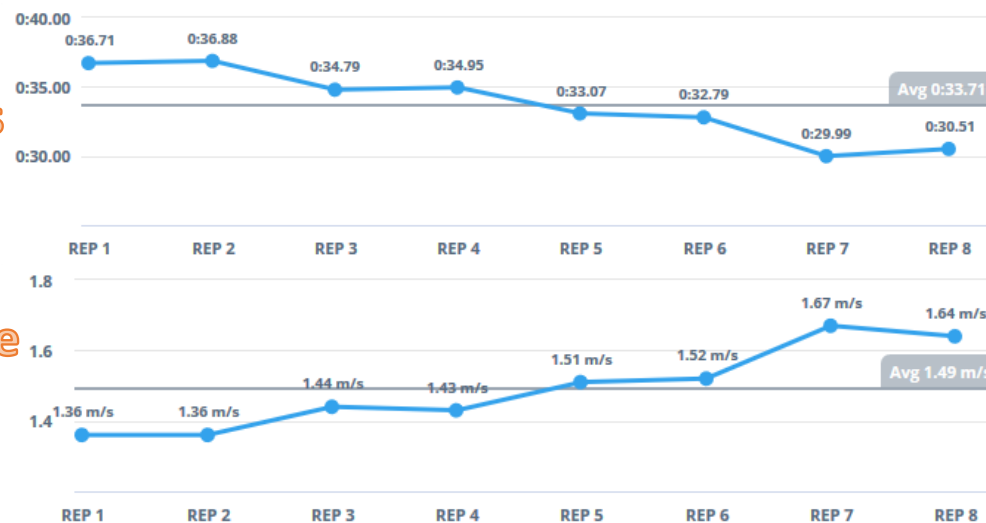


Temps

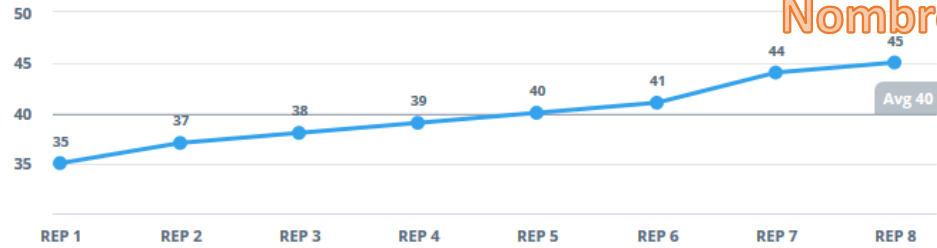
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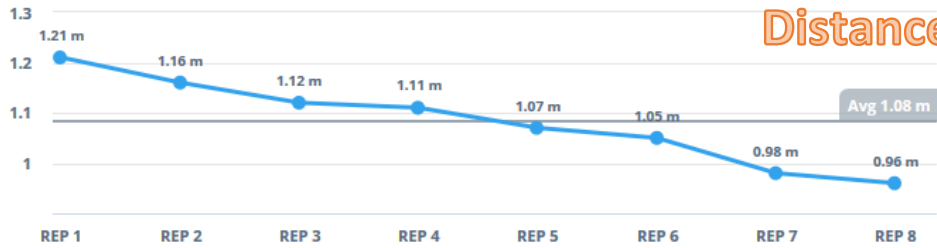
RONAN LE LOUARN MOULIN



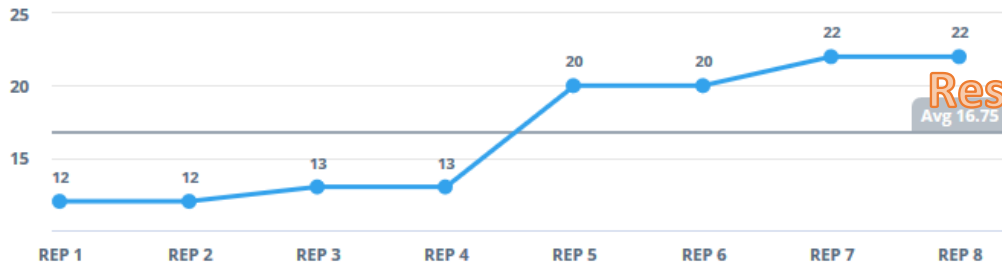
Nombre de coups de bras



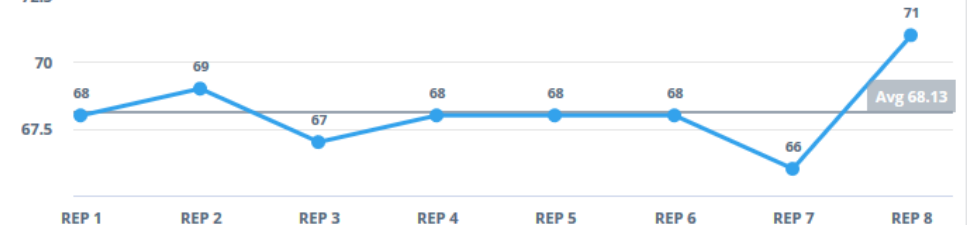
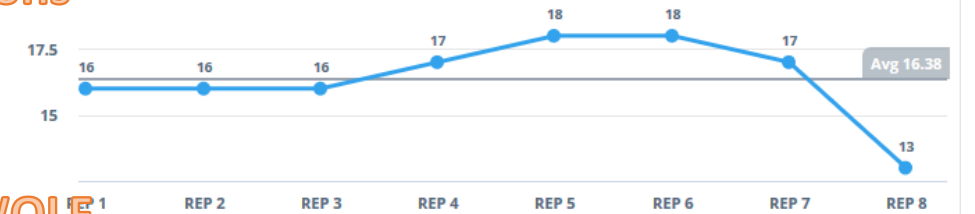
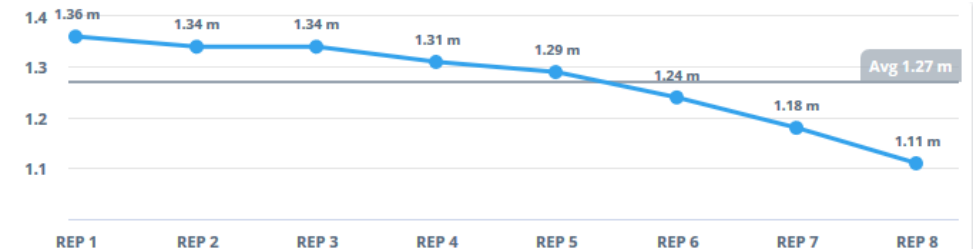
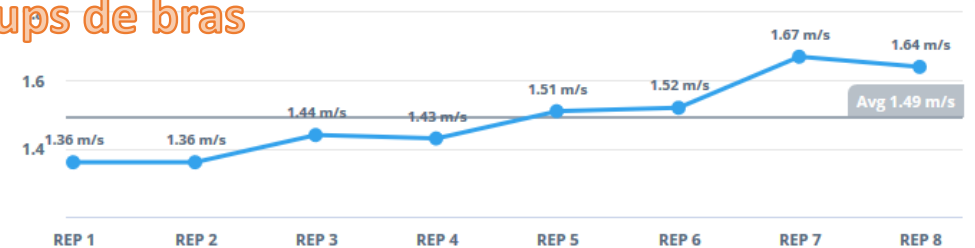
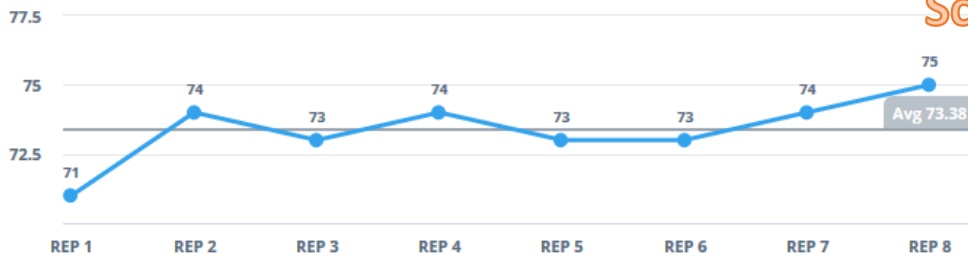
Distance/Durée/ Cycle



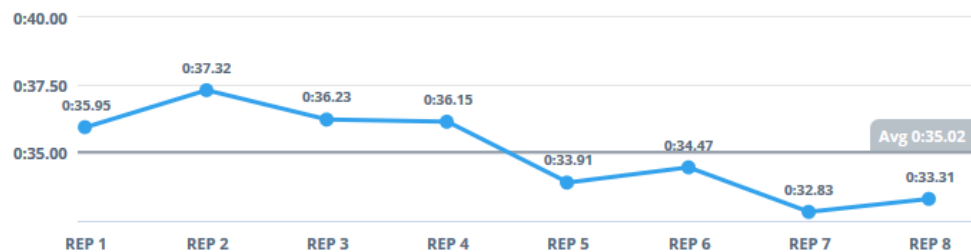
Respirations



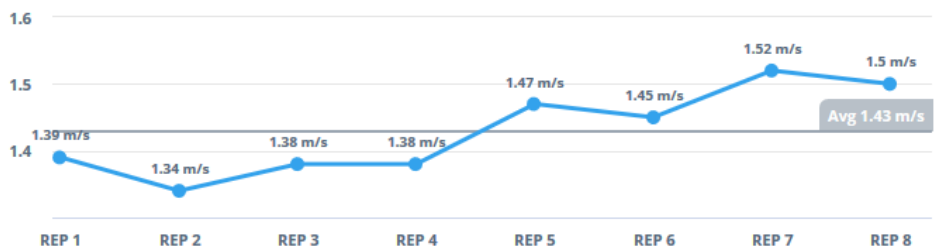
Score SWOLF



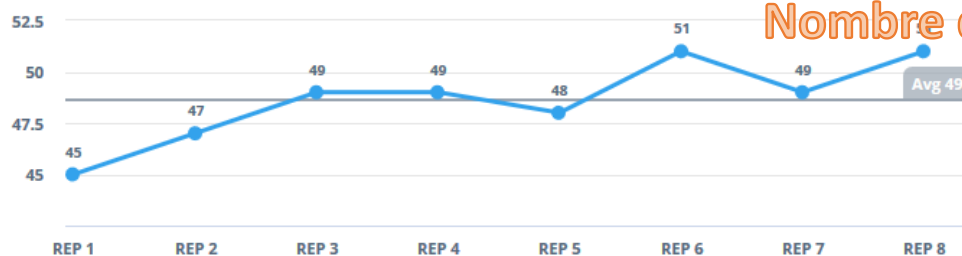
JULIAN TAUREAU



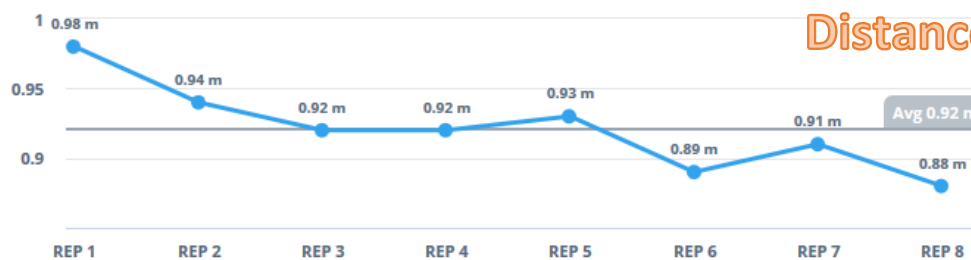
Temps



Vitesse

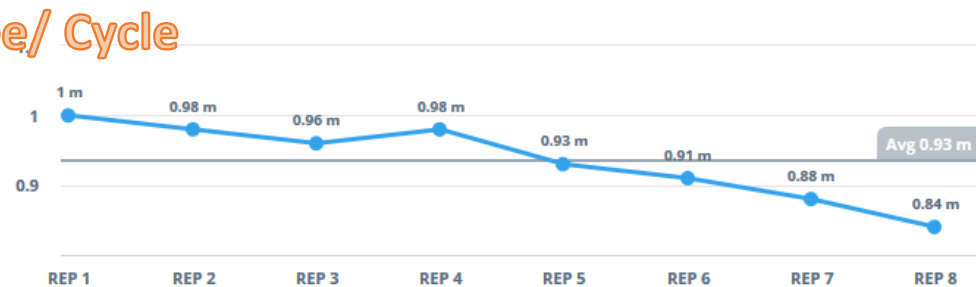
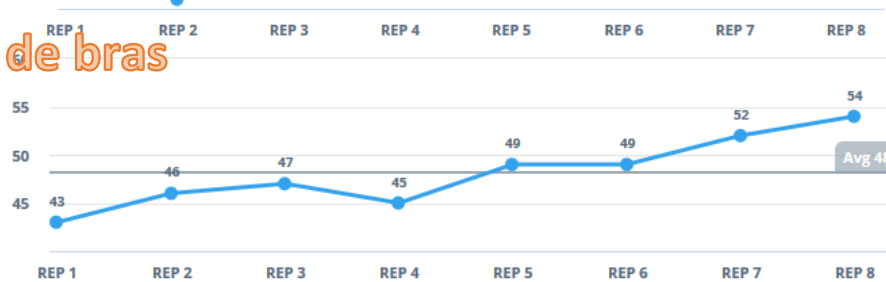
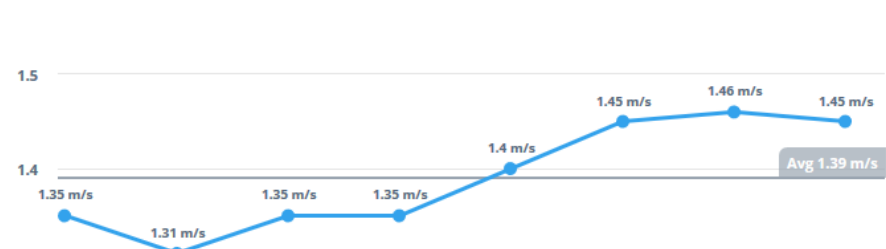
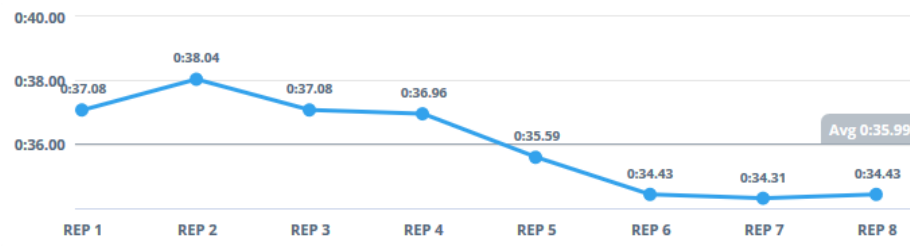


Nombre de coups de bras



Distance/Durée/ Cycle

ALEXIS KURCHARSKI

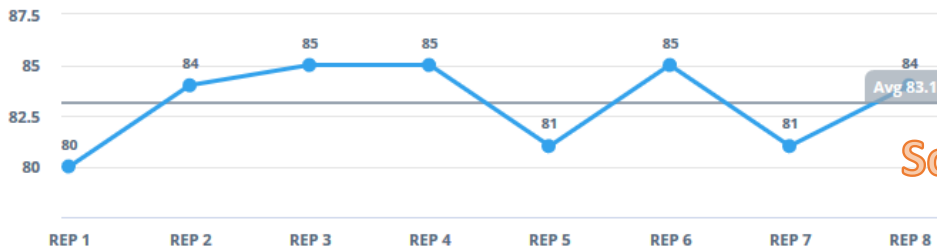
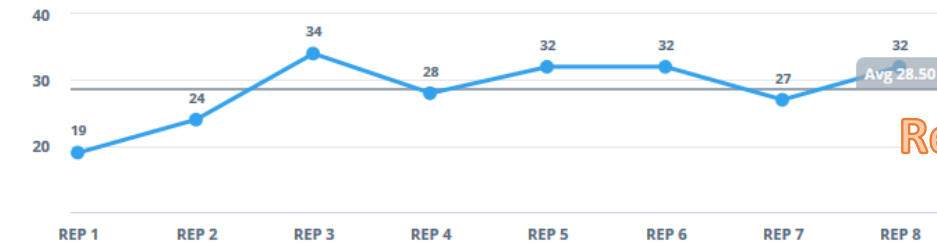


Respirations

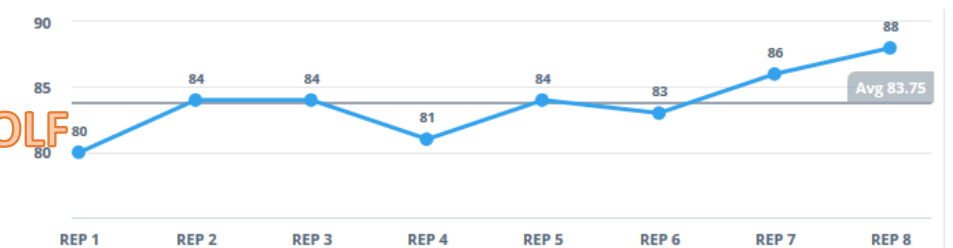
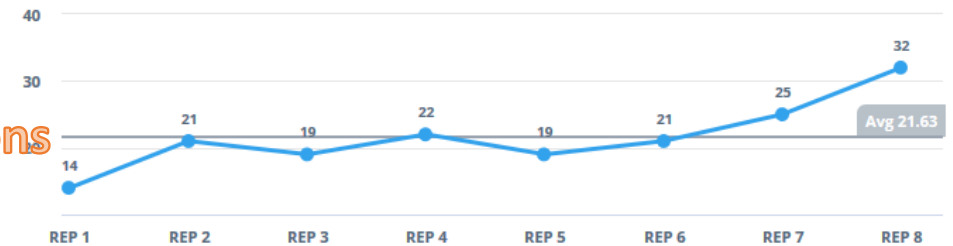
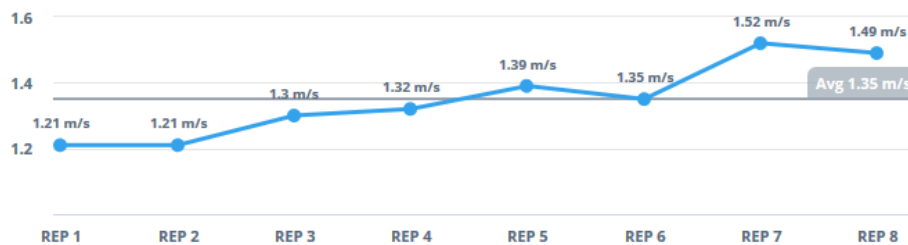
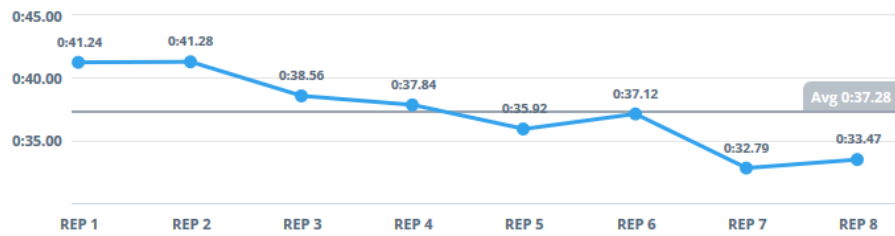
Score SWOLF

Temps

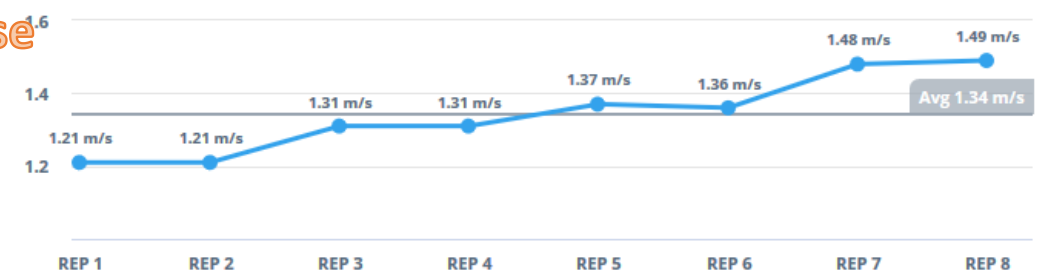
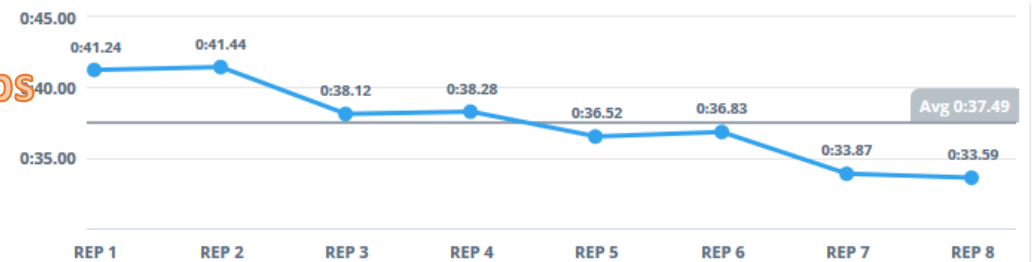
Vitesse



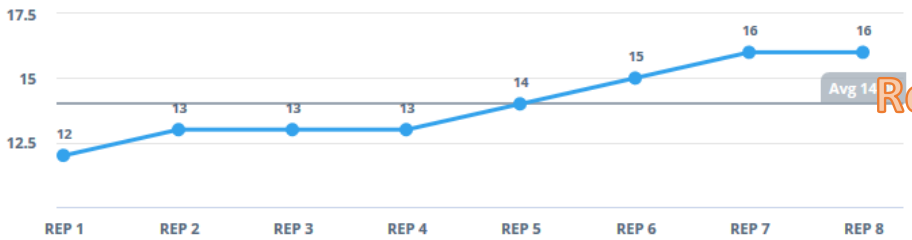
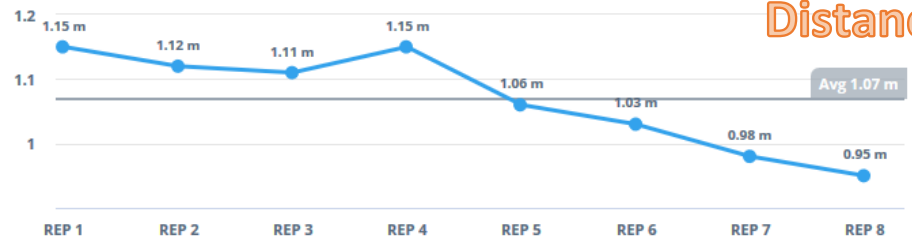
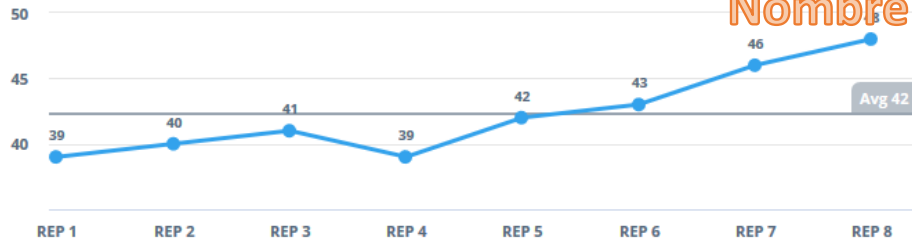
EDENE BIGOT



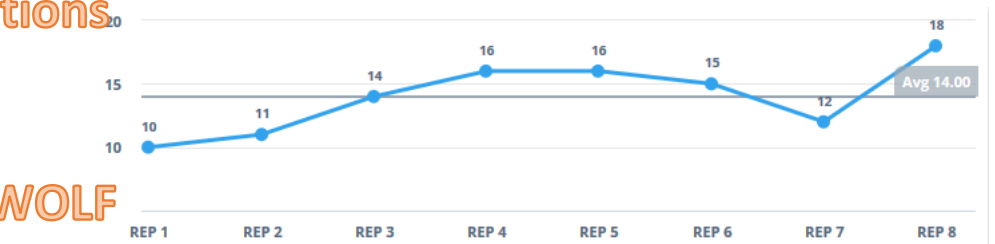
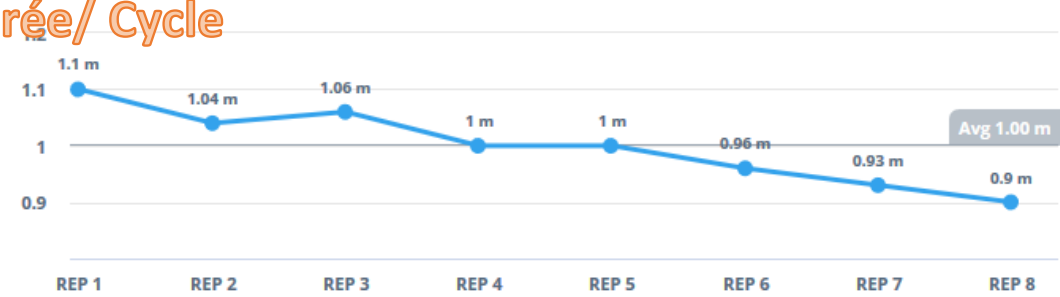
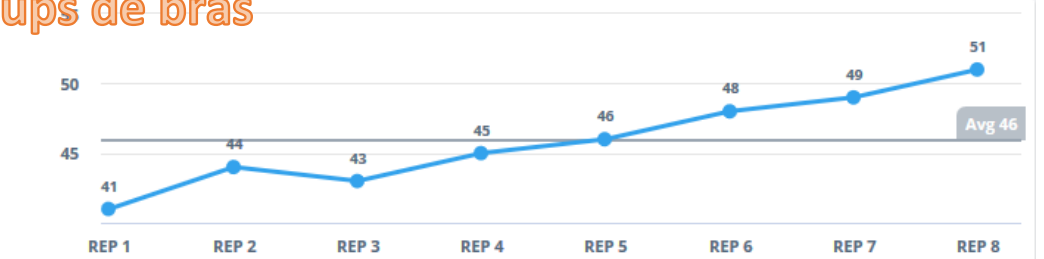
OCEANE GUAY



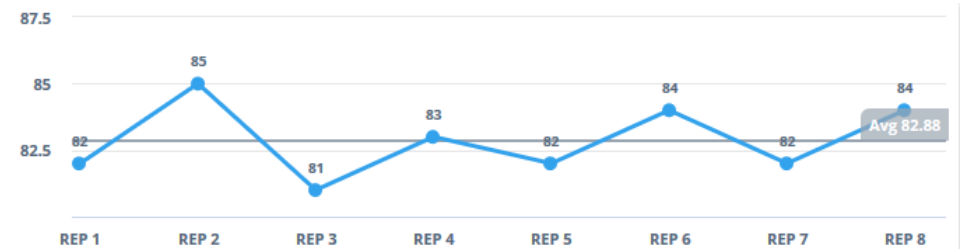
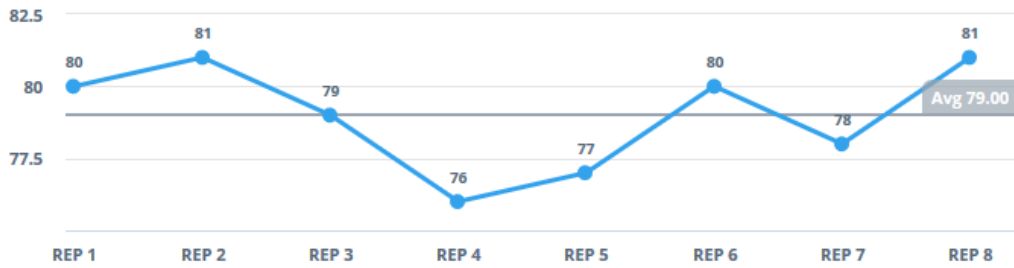
Nombre de coups de bras



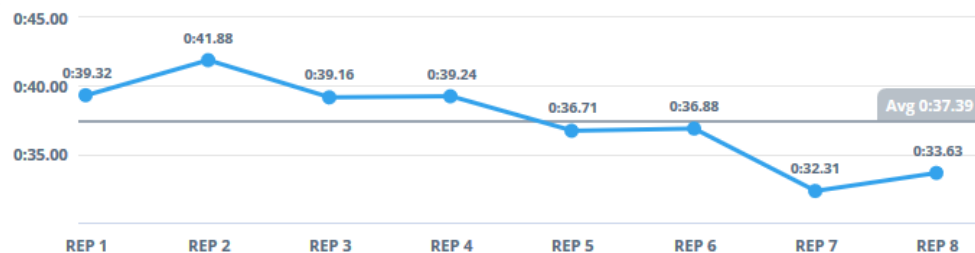
Respirations



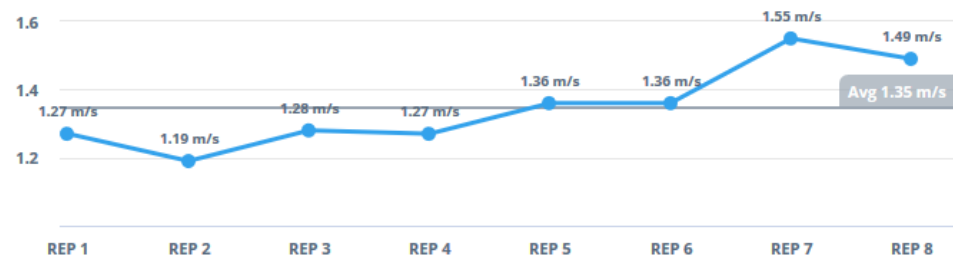
Score SWOLF



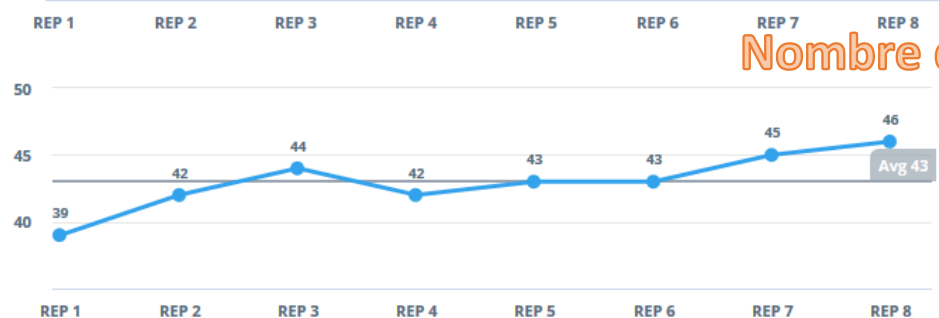
MARIE GUILLEMOZ



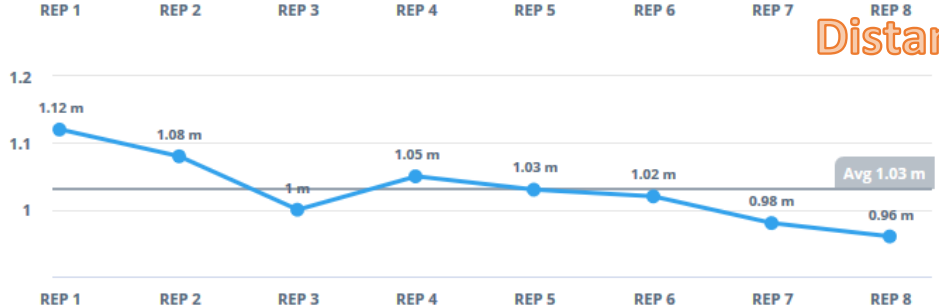
Temps



Vitesse

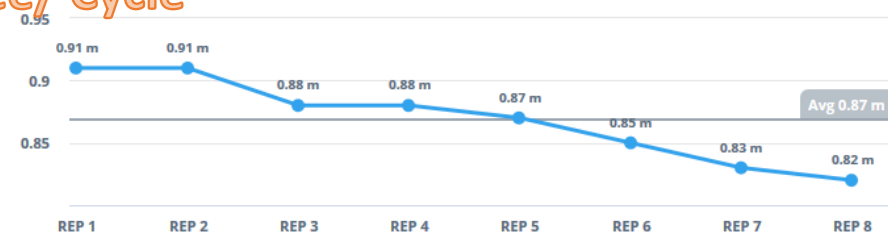
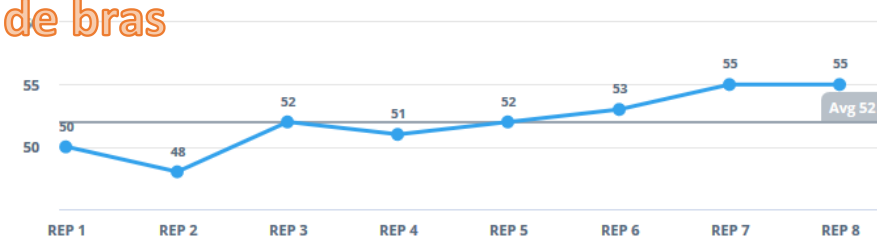
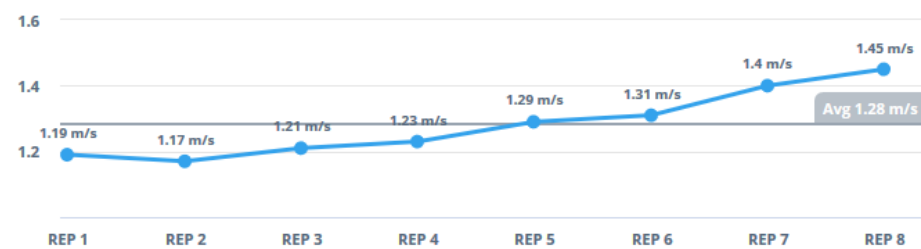
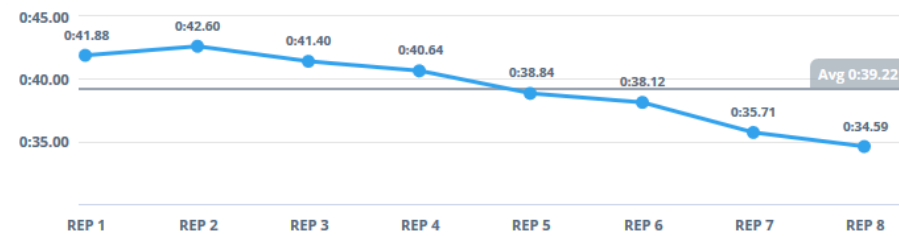


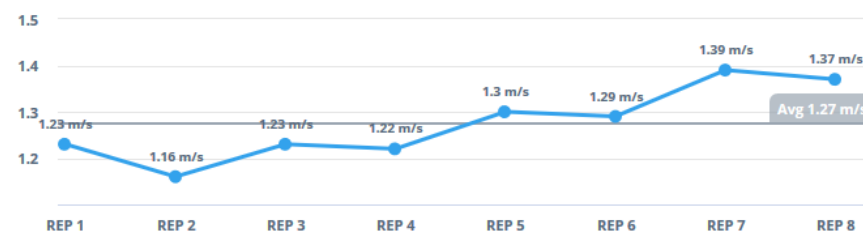
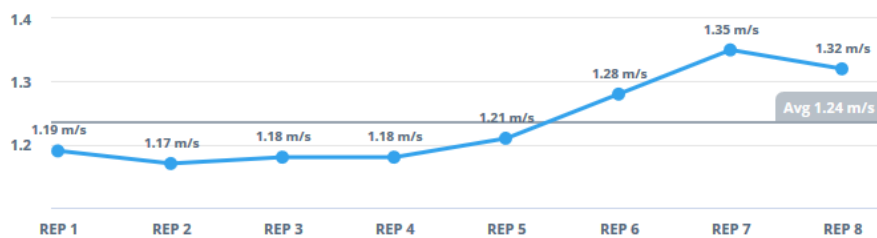
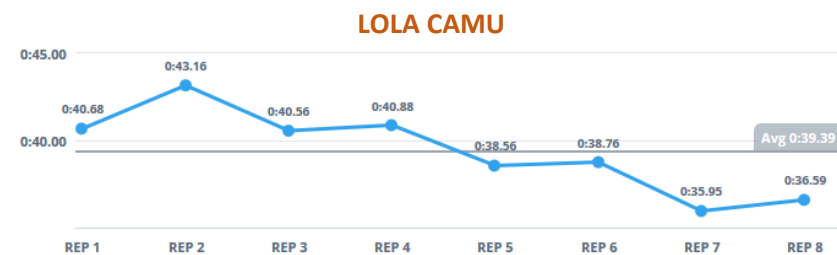
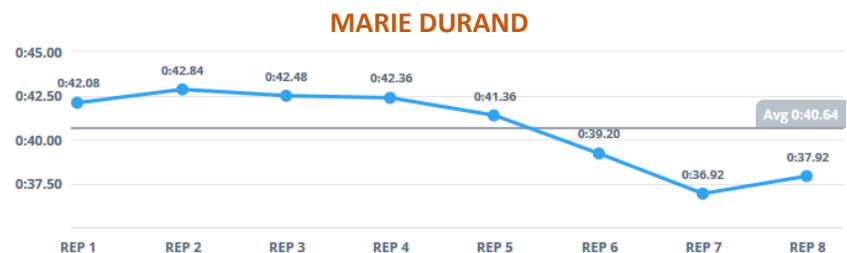
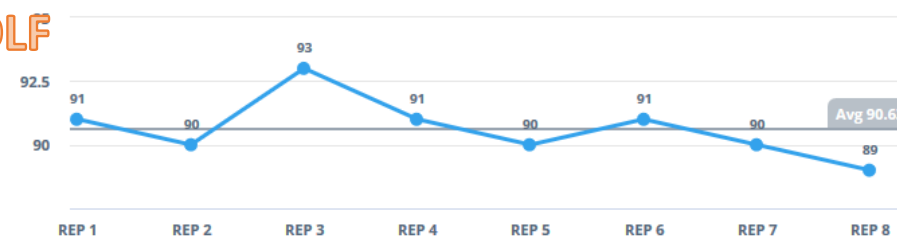
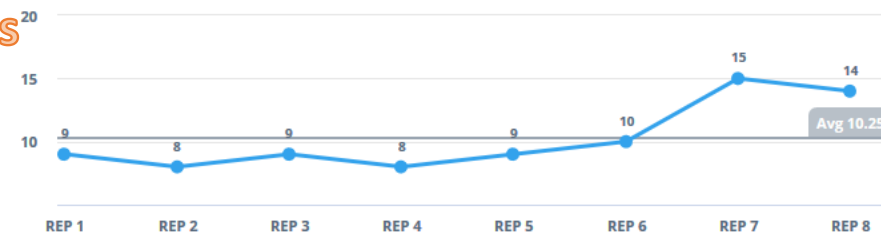
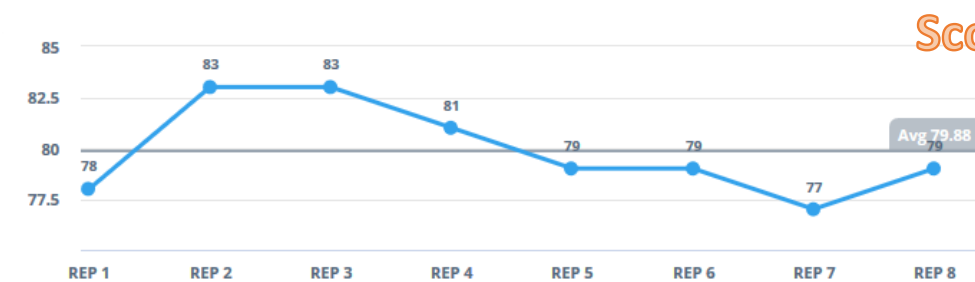
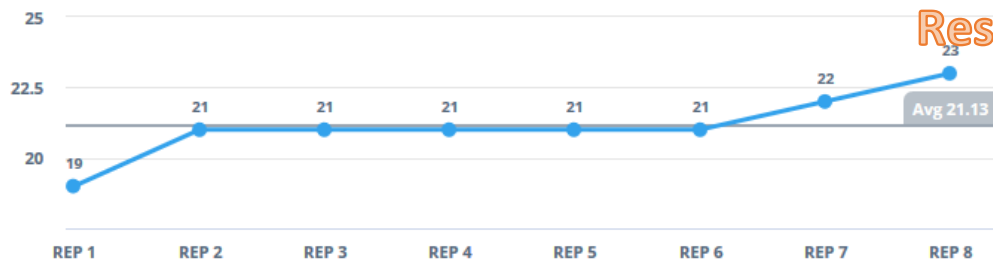
Nombre de coups de bras



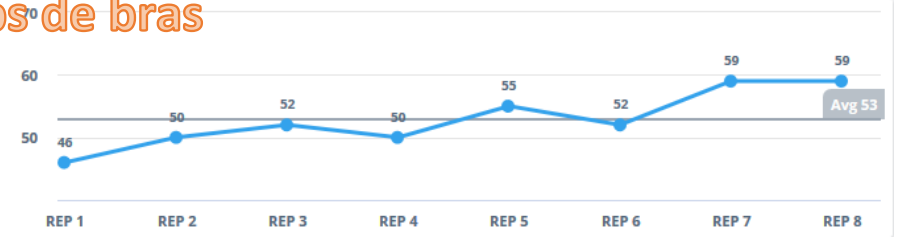
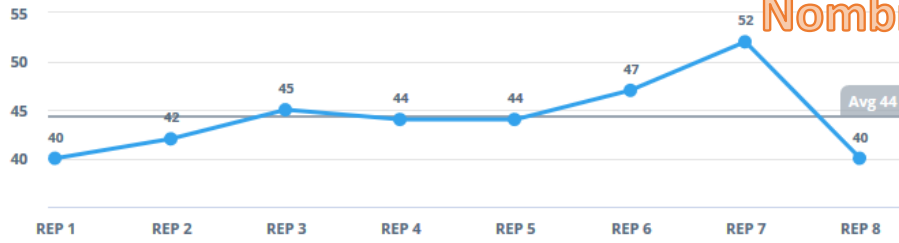
Distance/Durée/ Cycle

THAIS DAVENTURE

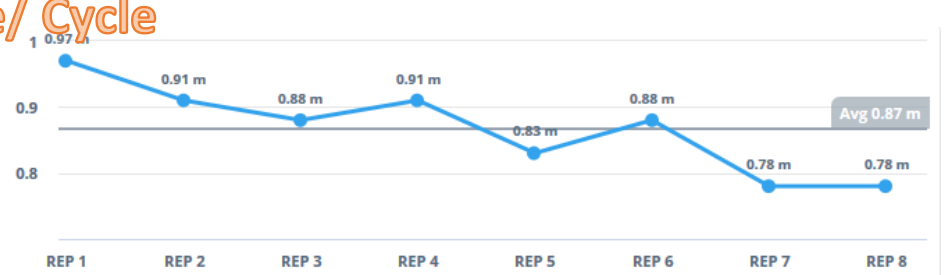
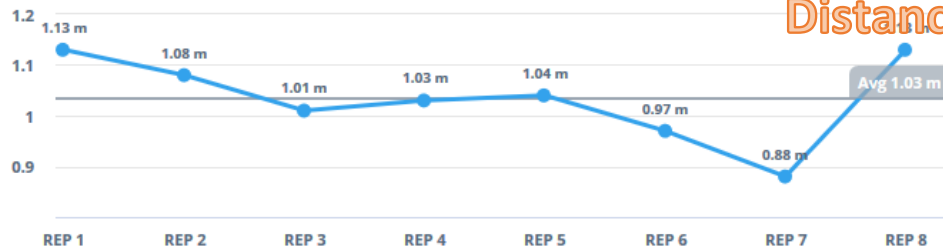




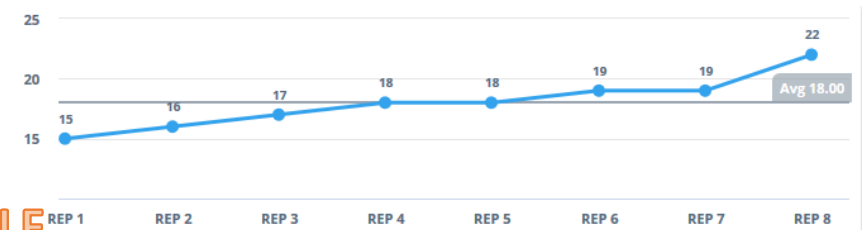
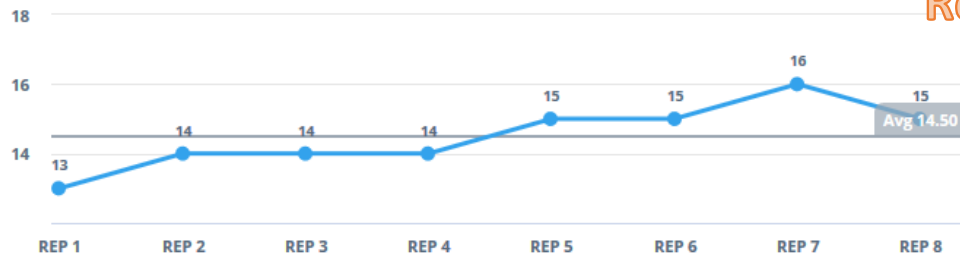
Nombre de coups de bras



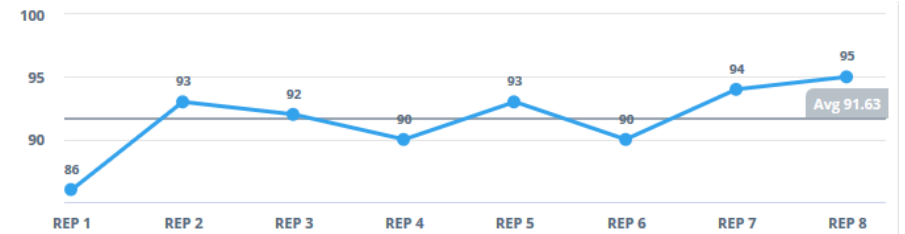
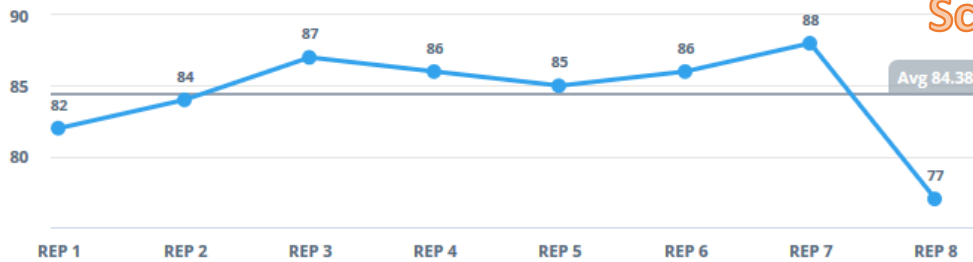
Distance/Durée/ Cycle



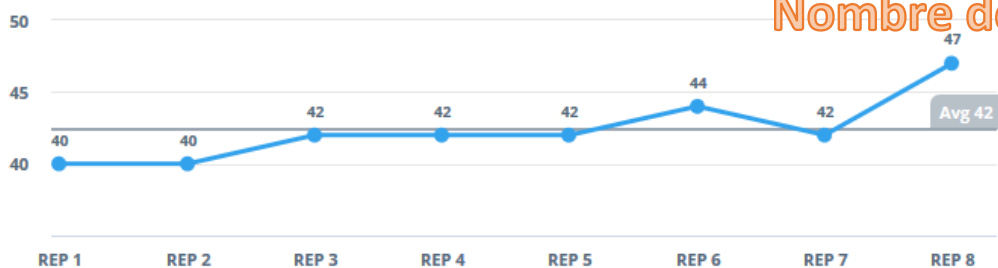
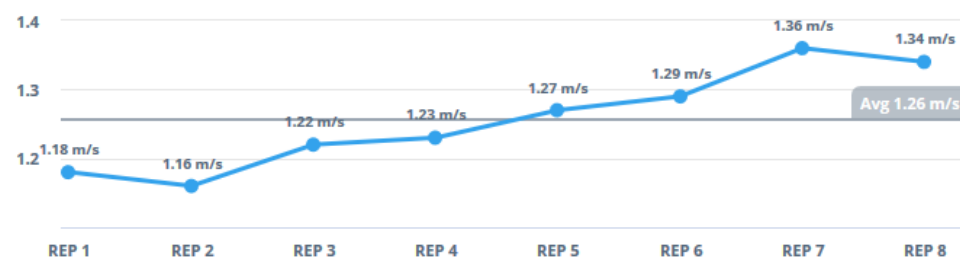
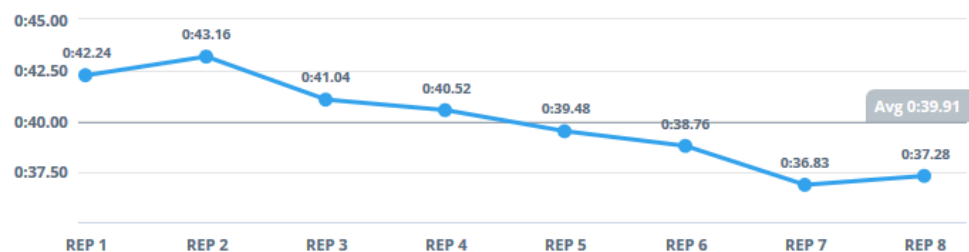
Respirations



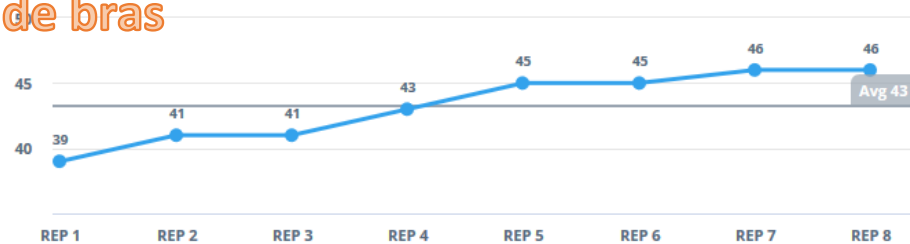
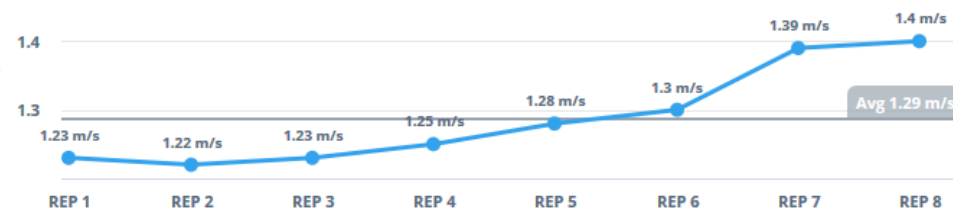
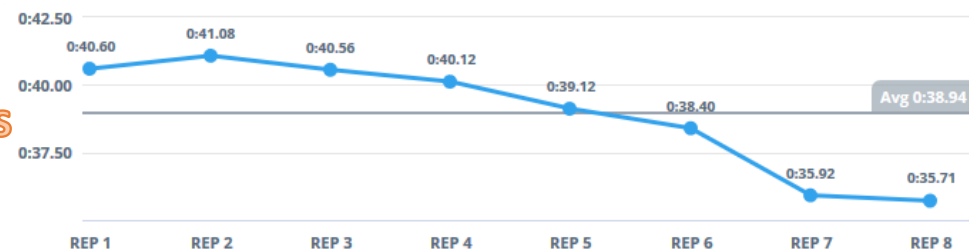
Score SWOLF



NINON BIDON PARARD



VALERIO COSENZA

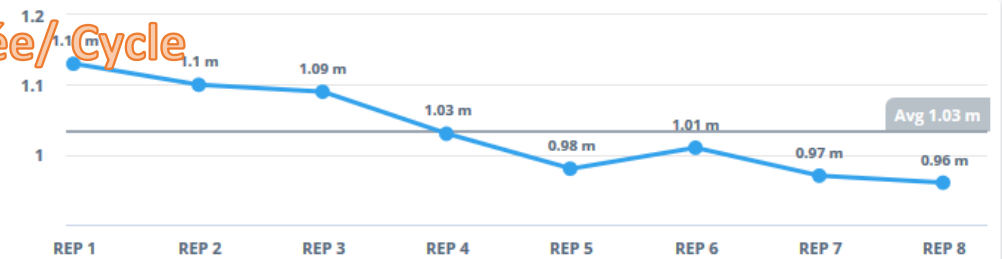
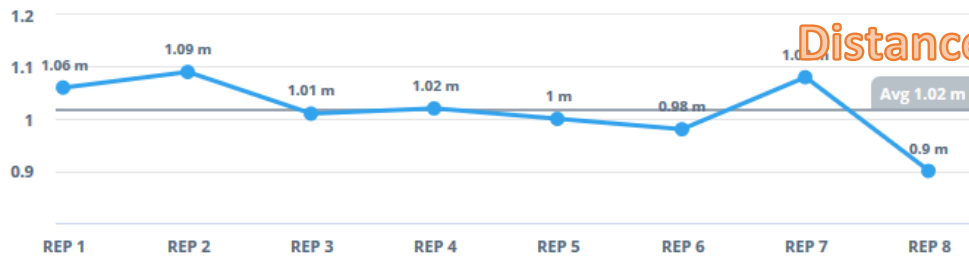


Temps

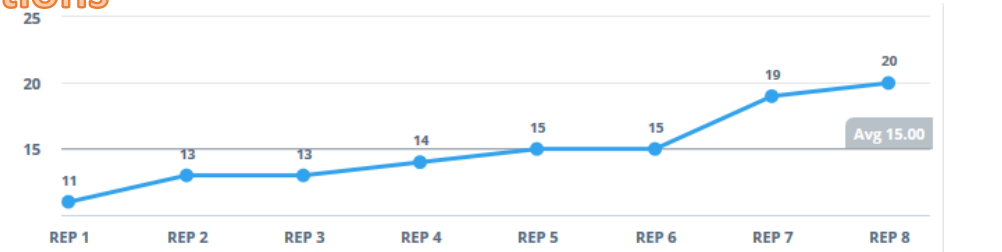
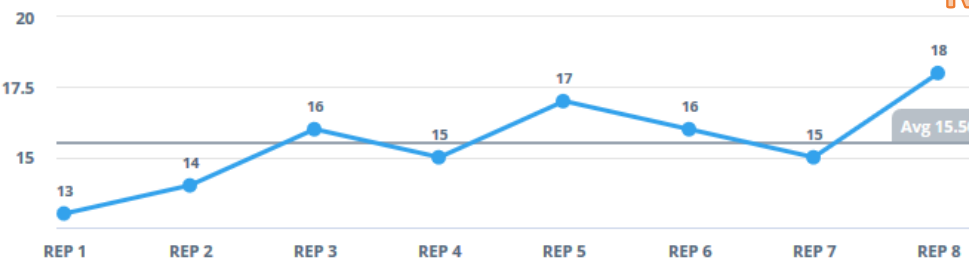
Vitesse

Nombre de coups de bras

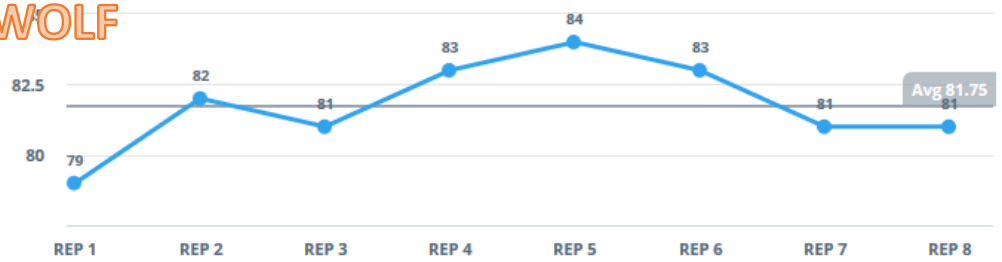
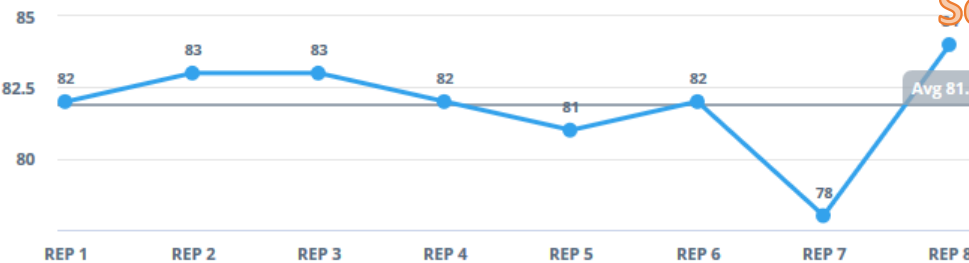
Distance/Durée/Cycle



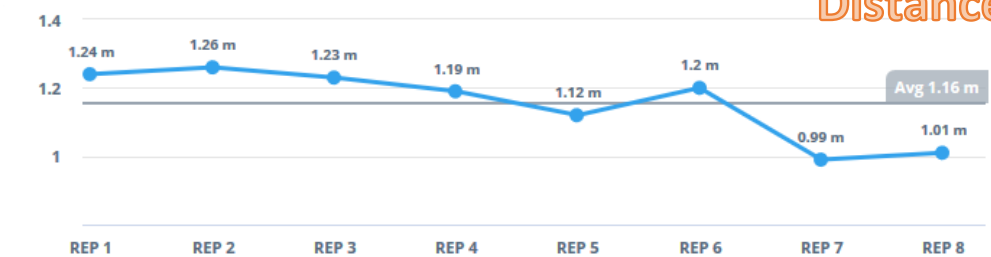
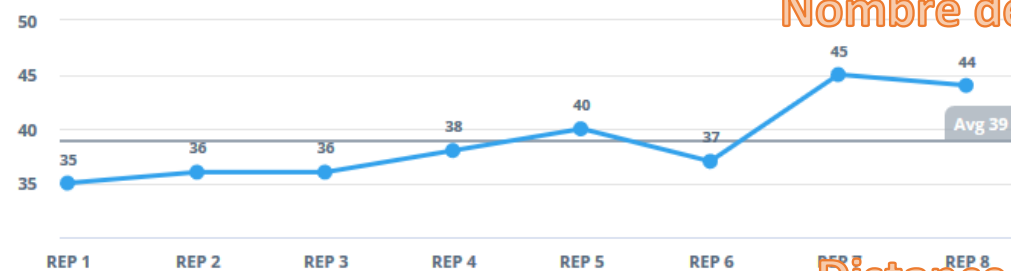
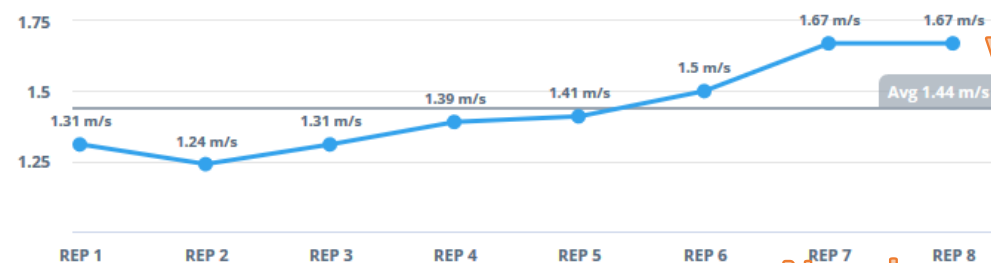
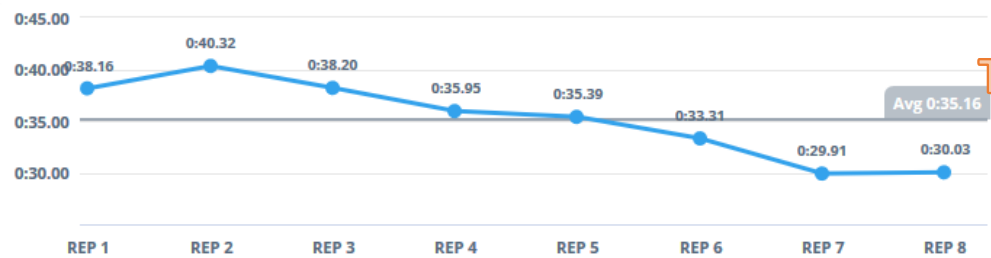
Respirations



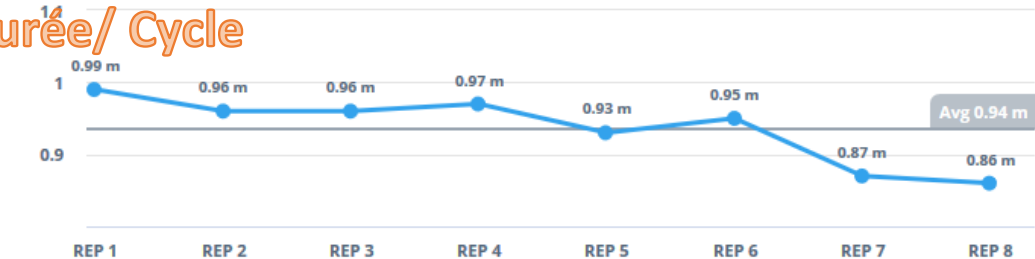
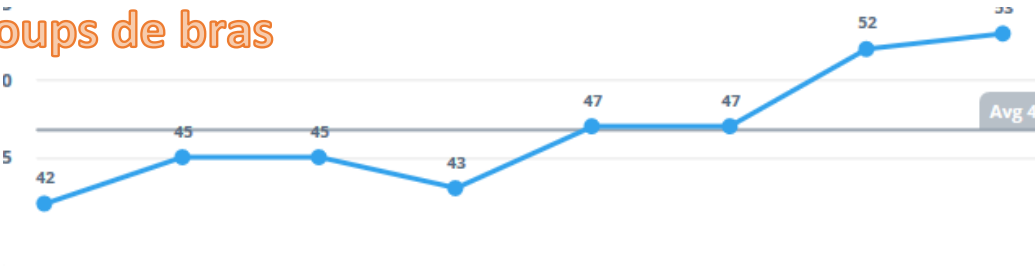
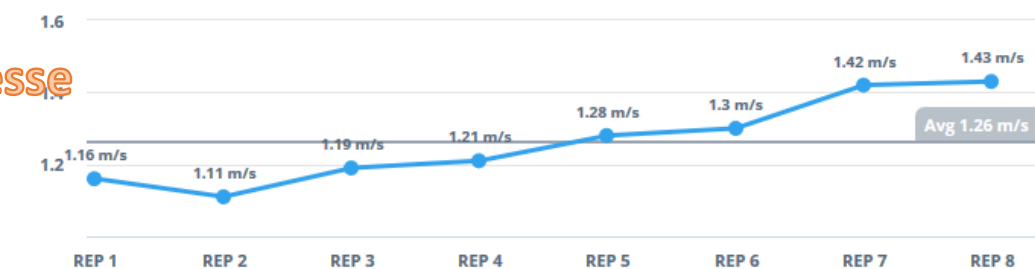
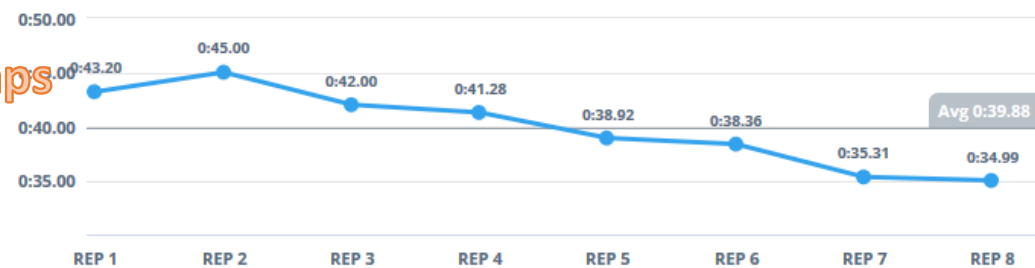
Score SWOLF

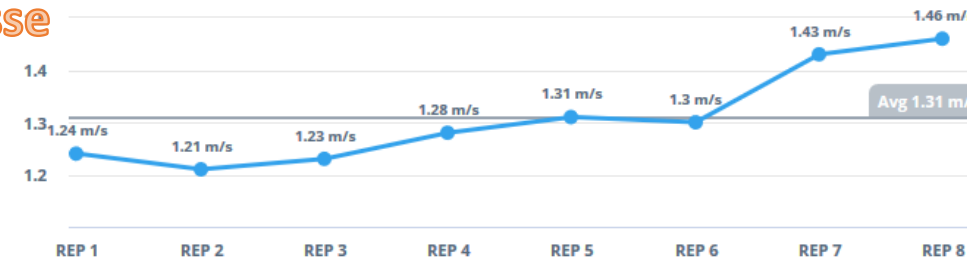
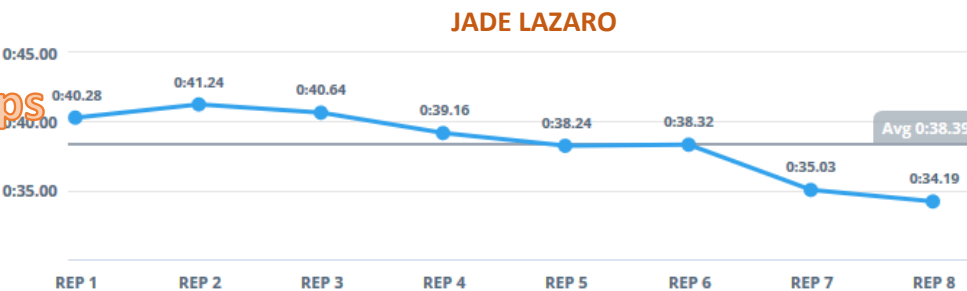
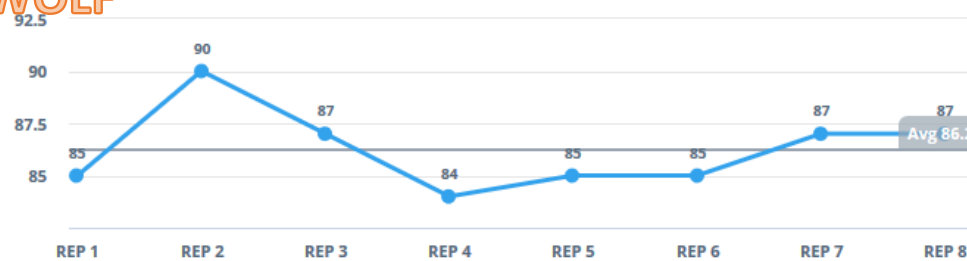
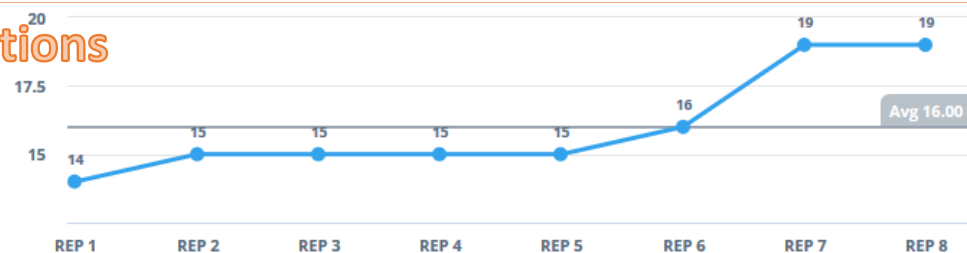
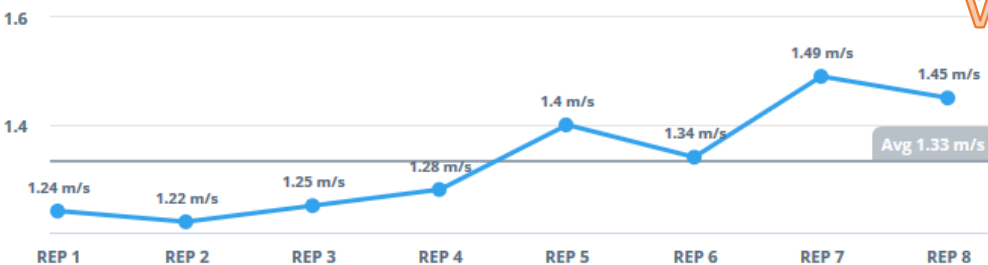
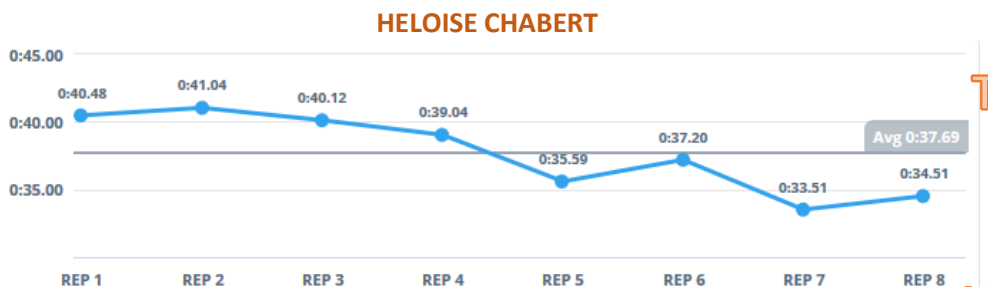
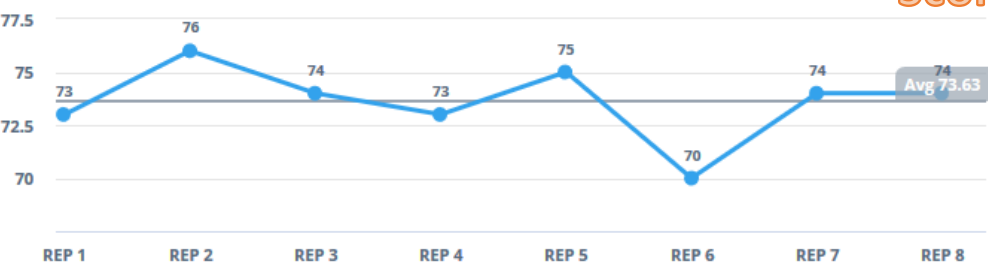
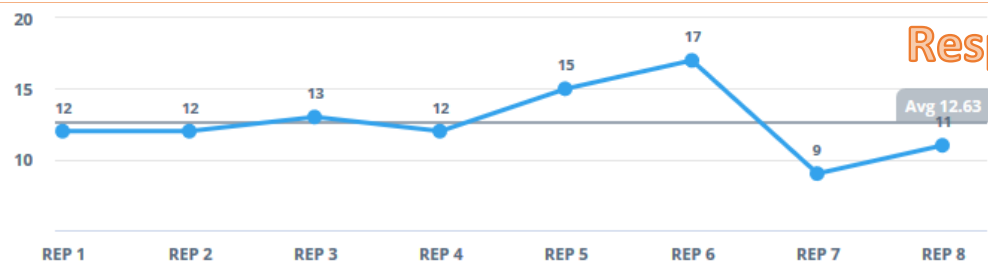


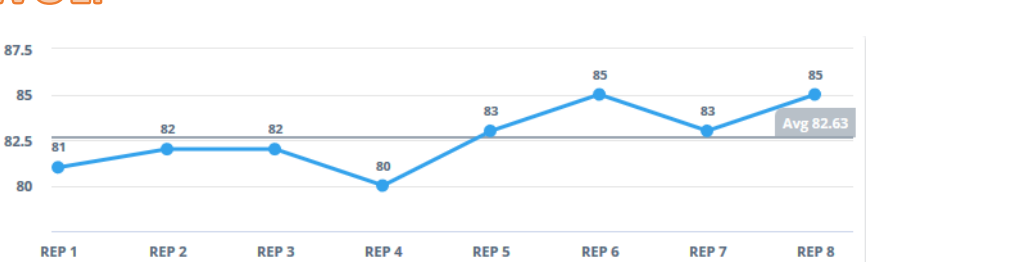
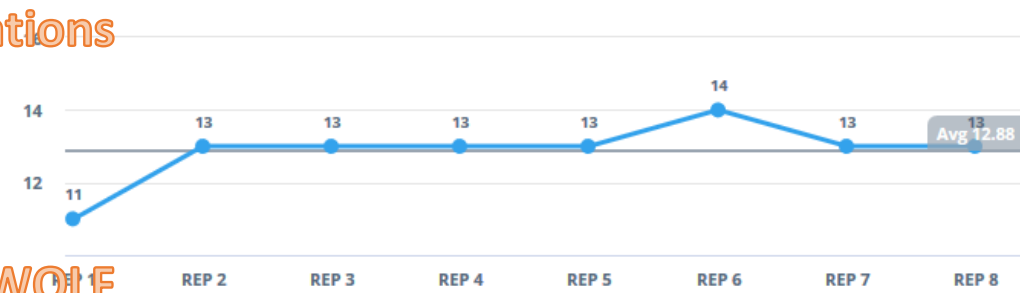
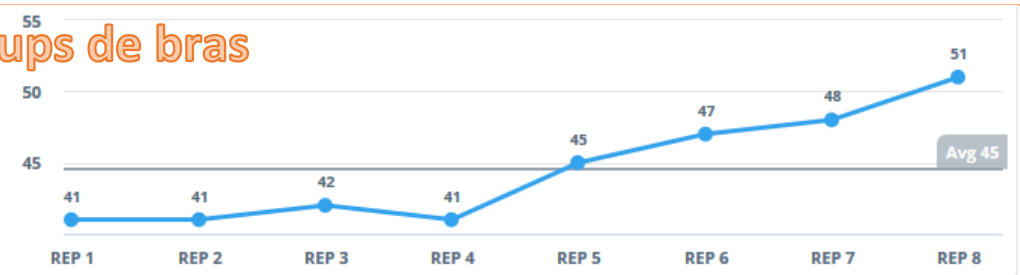
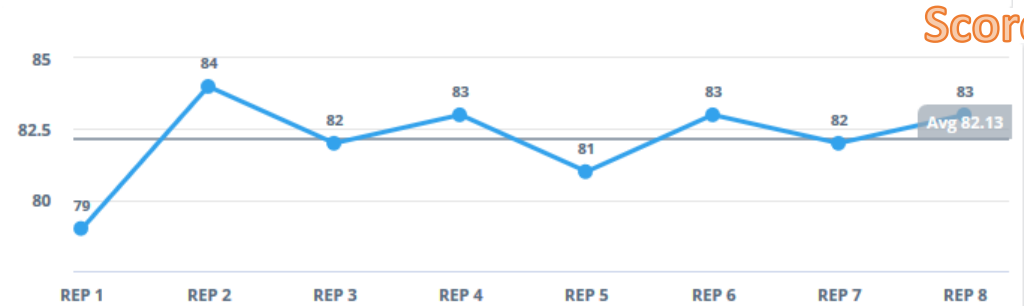
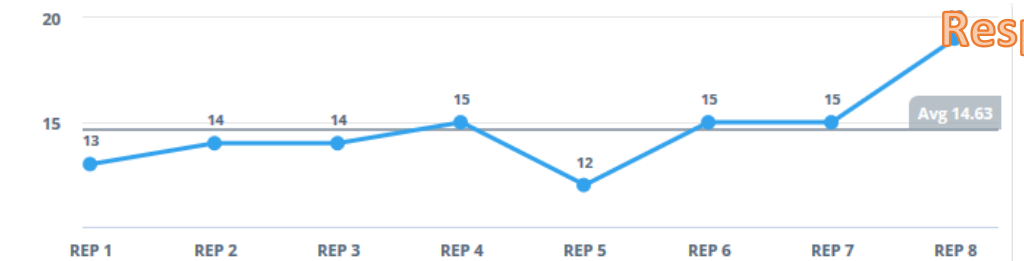
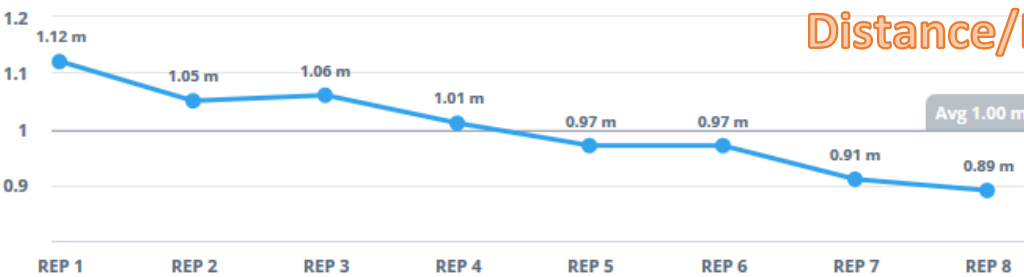
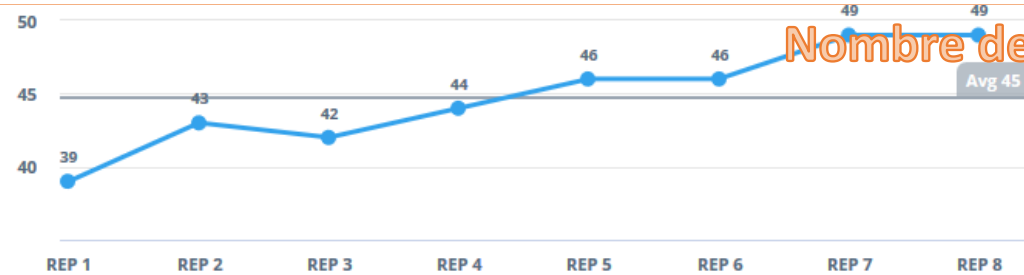
GREGOIRE LEBRETON



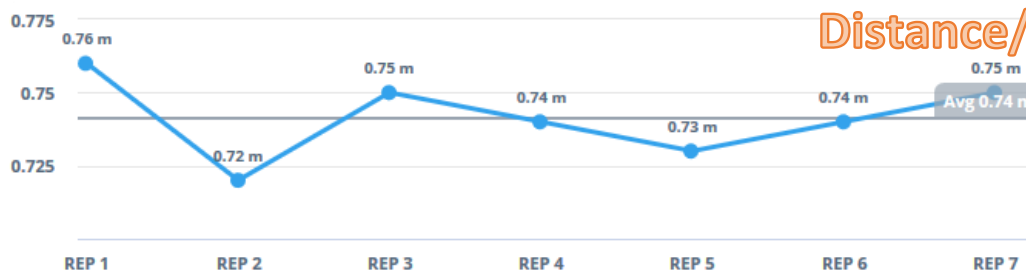
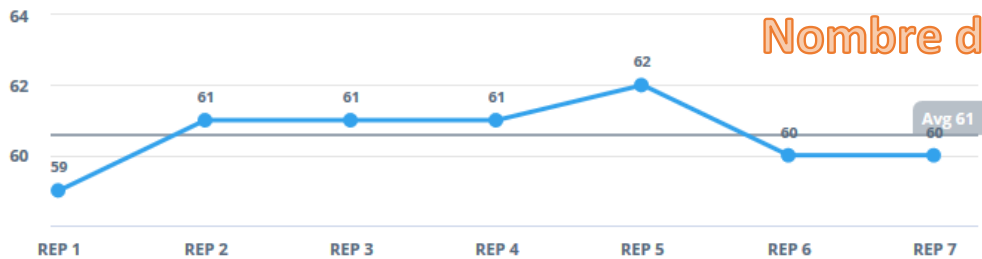
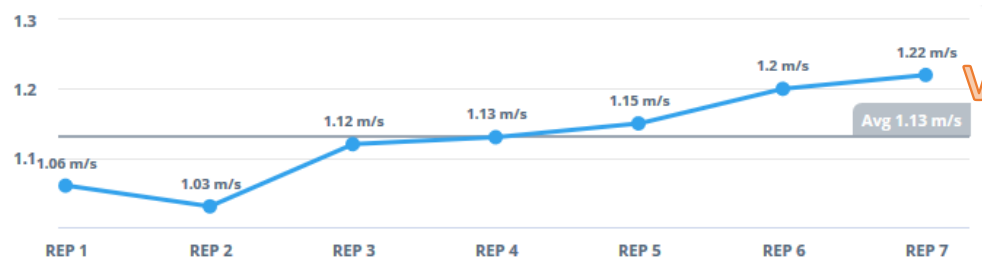
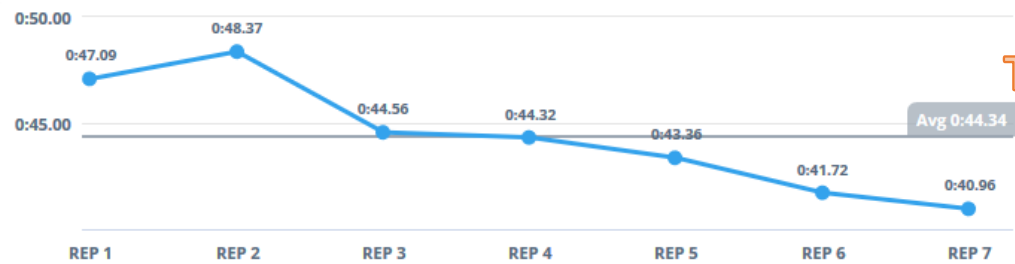
TAHINA PACE



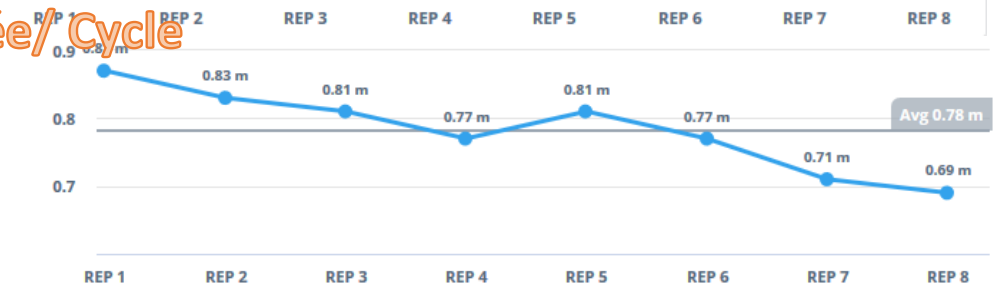
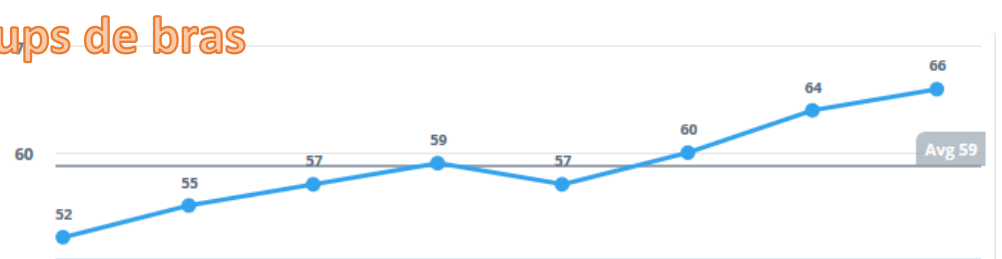
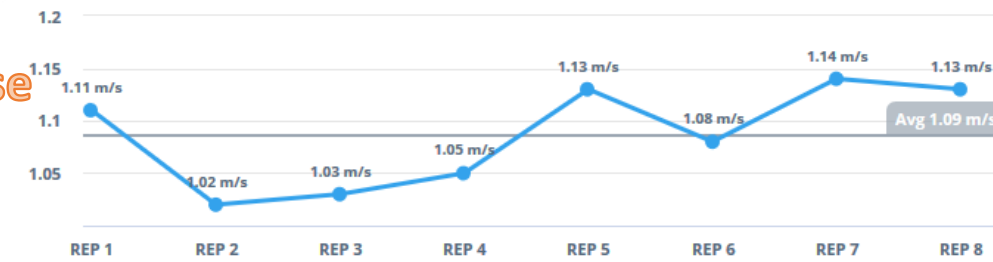
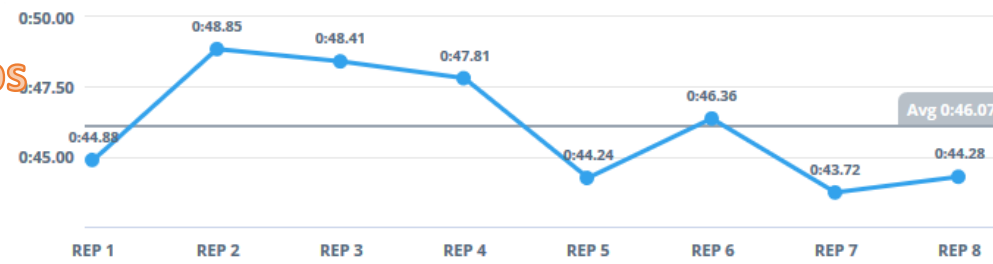


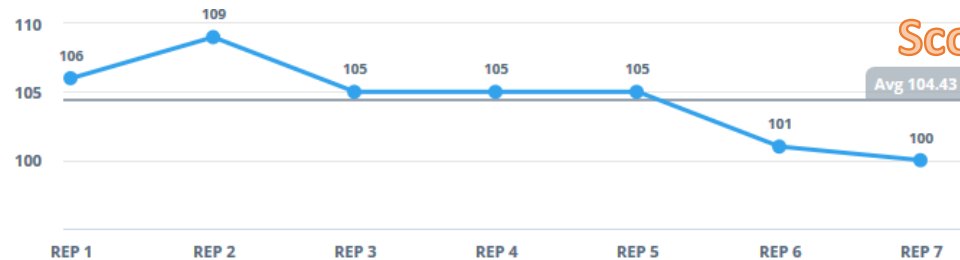
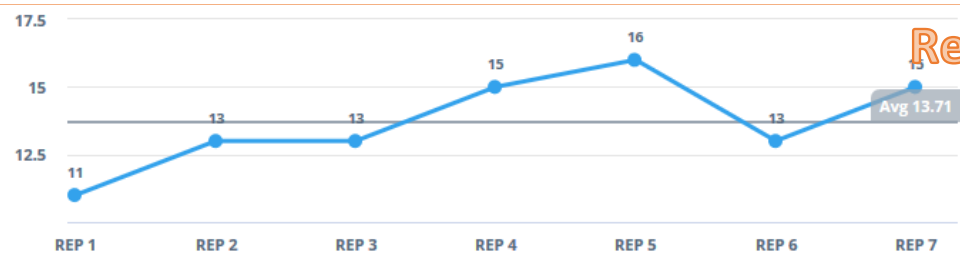


MAUDE MARTINET

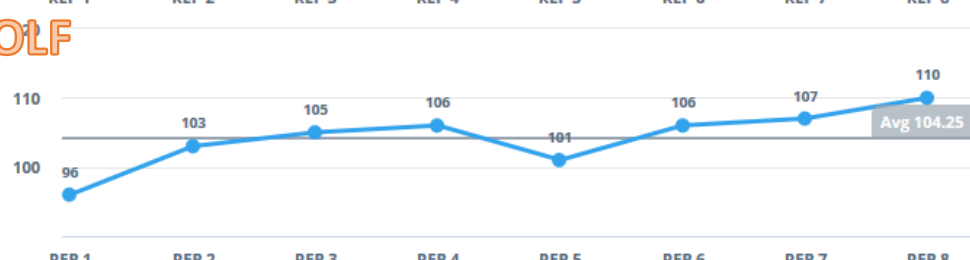
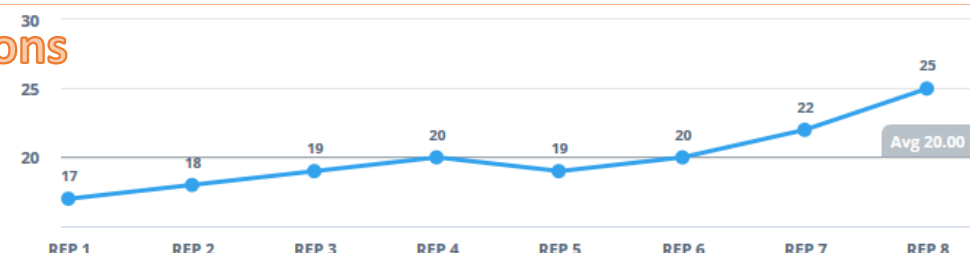
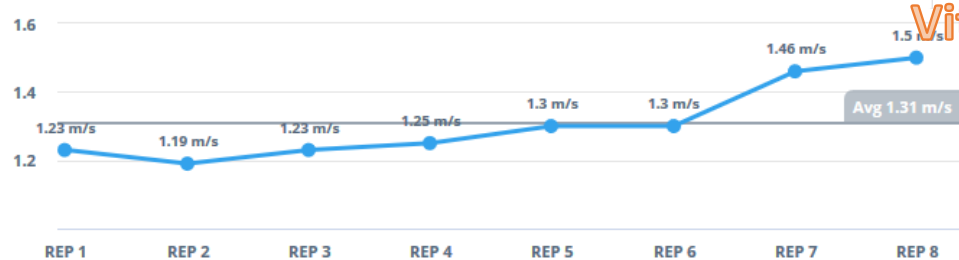
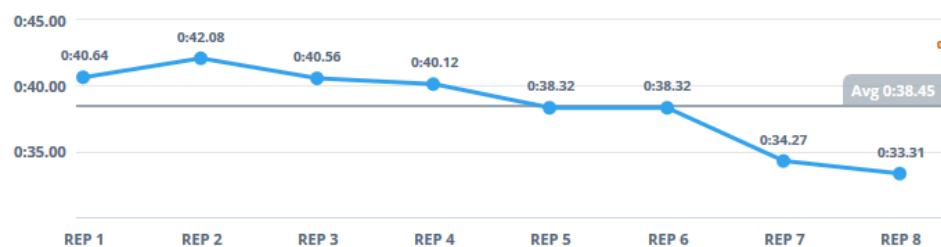


CAMILLE FRAPPIER

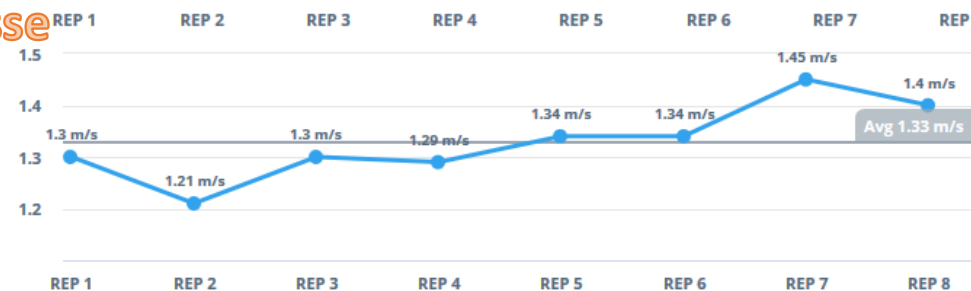
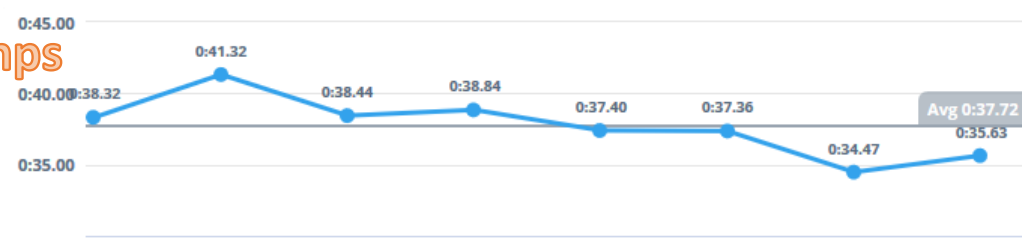




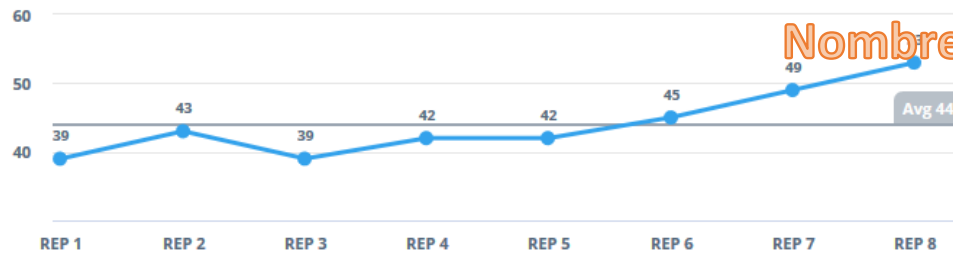
MERIEM TEBAL



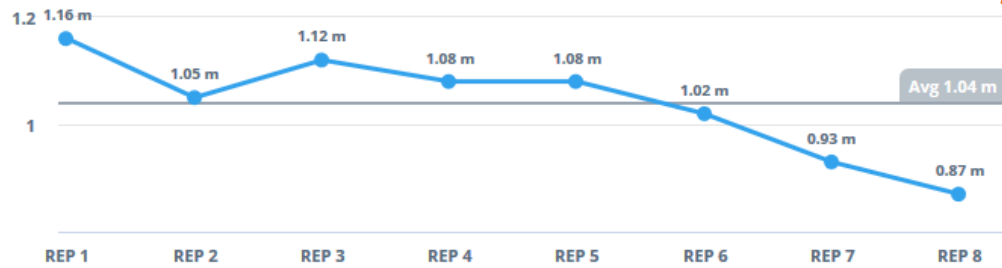
LOU BERENGER



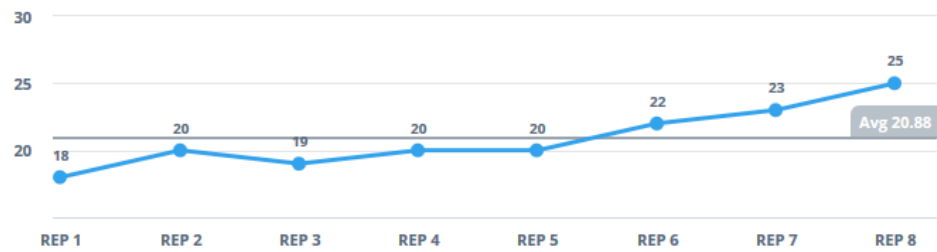
Nombre de coups de bras



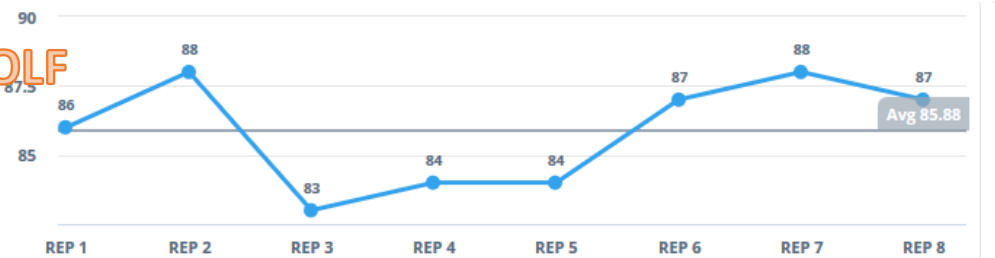
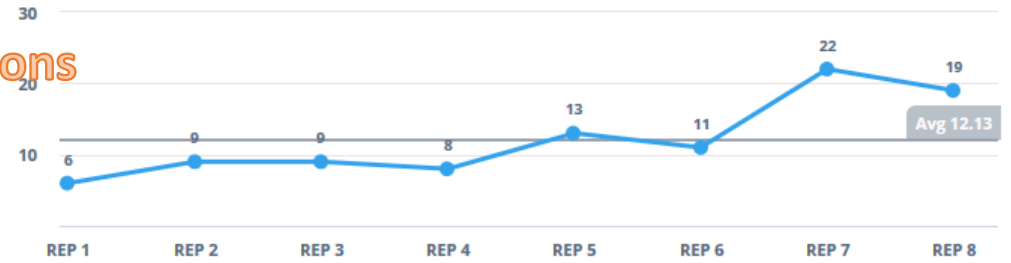
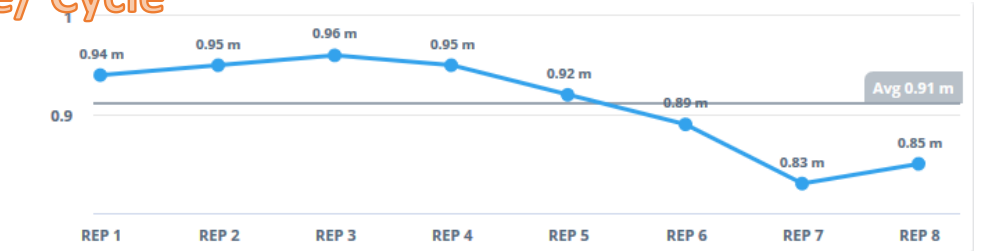
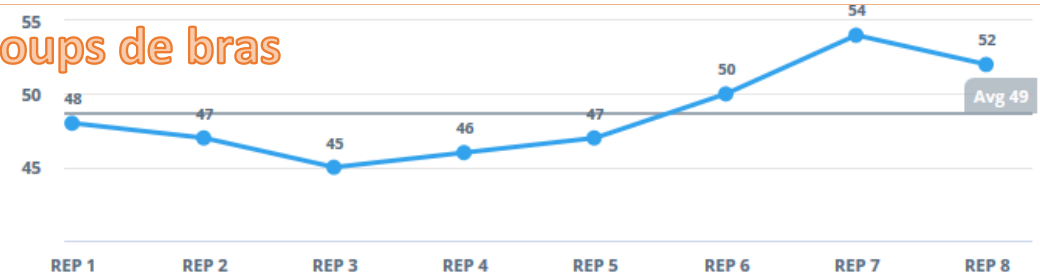
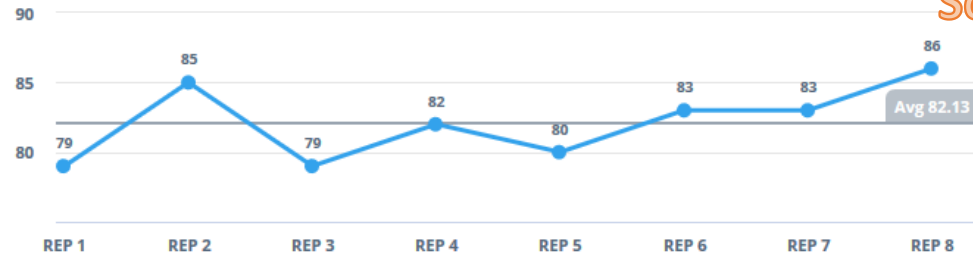
Distance/Durée/ Cycle



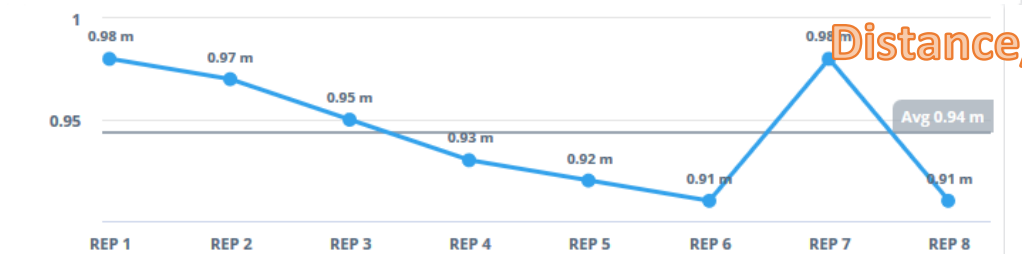
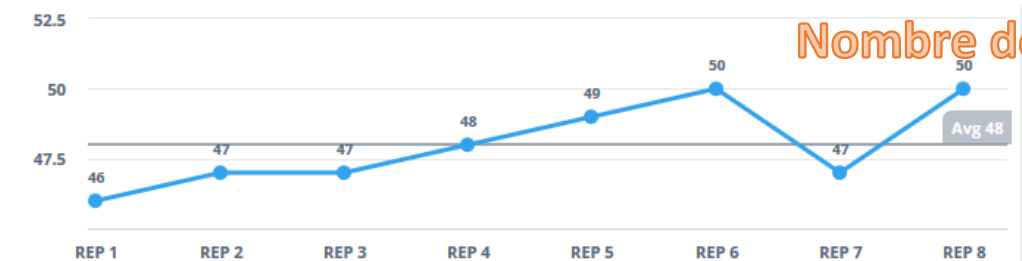
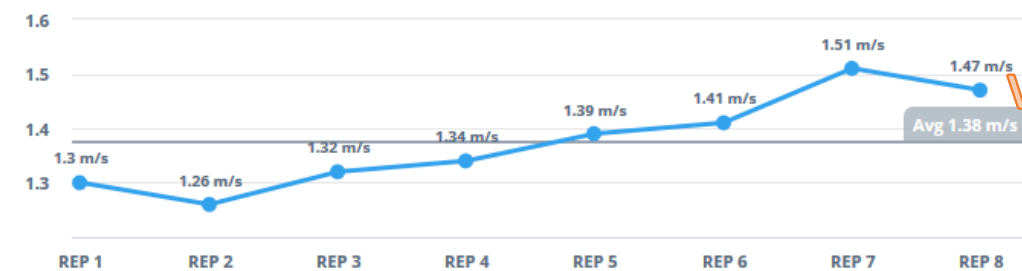
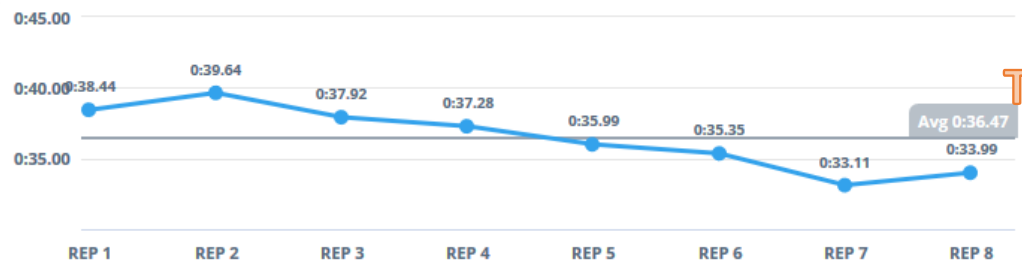
Respirations



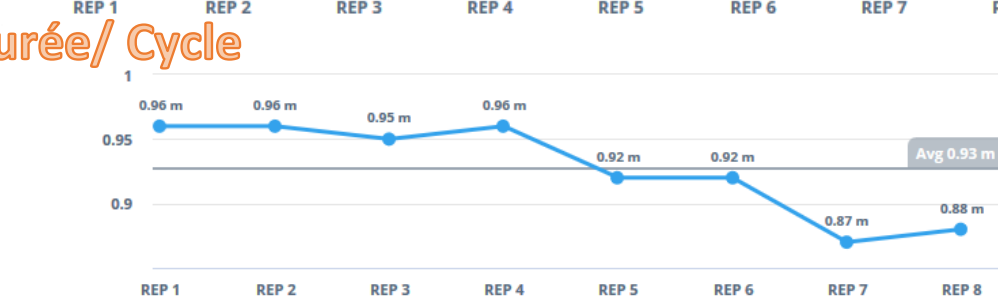
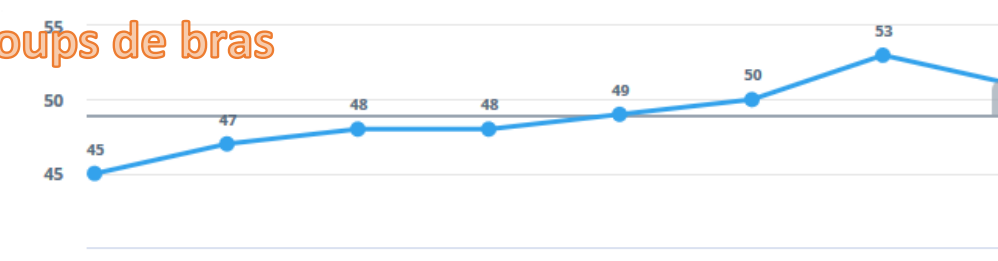
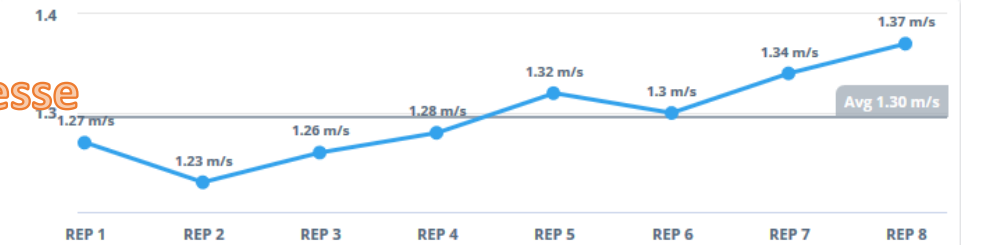
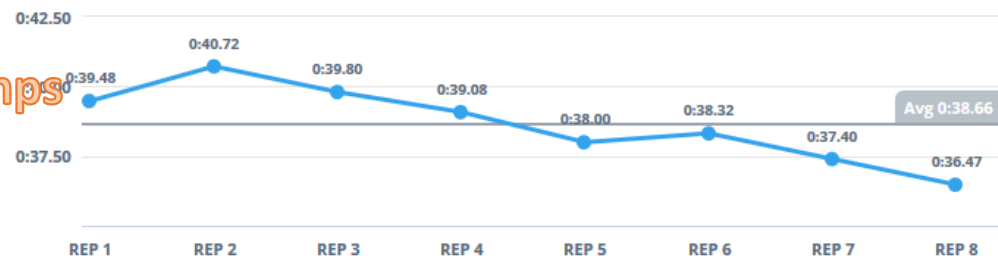
Score SWOLF

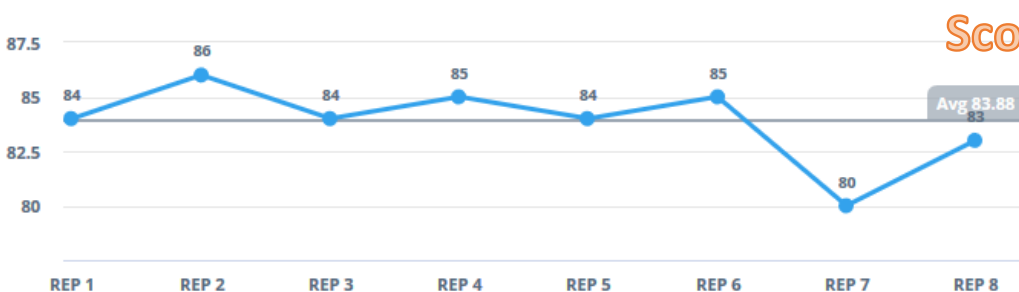
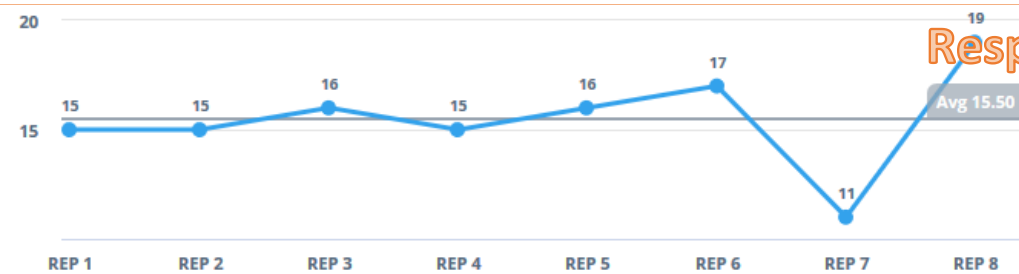


LAETICIA GUILLAUME



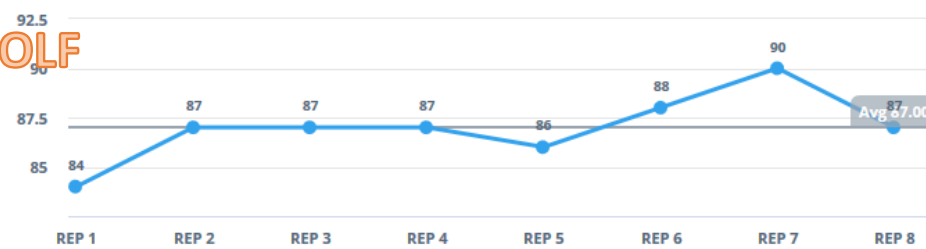
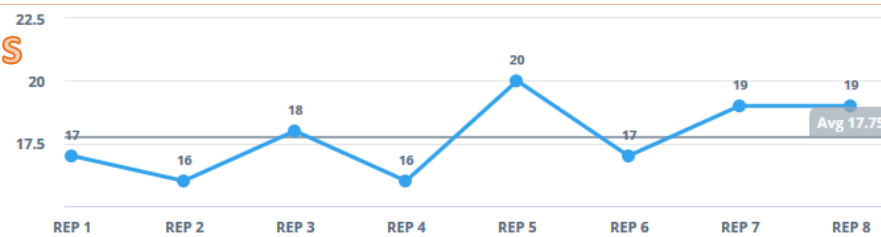
MORGAN COUTAT





Respirations

Score SWOLF



HENELA MAUGER

41 .19 /41.62 40 cps de bras / 40.40 41 cps de bras / 40.66 42 cps de bras/37.09 43 cps de bras/ 37.46 45 coups de bras/ 33.71 47 cps de bras/ 34.91 47 coups de bras

OCEANE ROUPENEL

48.31 51 coups de bras/ 49.55 51 coups de bras / 50.62 52 coups de bras/ 45.96 55 coups de bras/ 44.80 55 coups de bras/ 43.04 62 coups de bras / 41.83 63 coups de bras /42.05 66 coups de bras

AMANCE BRILLAUD

40.46 47 coups de bras / 41.88 48 coups de bras / 39.85 50 coups de bras / 39.15'49 coups de bras / 37.91 50 cps bras / 37.28 51 cps de bras / 35.73 51 cps de bras/ 35.91 54 cps de bras

MAHE LEGRAND

40.72 42 cps de bras/ 42.07 53 cps de bras/ 39.94 52 cps de bras/ 39.26 55 cps de bras/38.16 56 cps de bras/38.03 58 cps de bras/ 36.40 59 cps de bras / 36.4 57 cps de bras

LOUNA BIDON

40.20 45 cps de bras / 43.84 47 cps de bras / 41.96 47 cps de bras/ 41.24 47 cps de bras / 39.54 47 cps de bras / 39.08 47 cps de bras / 49 cps de bras / 36.20 50 cps de bras

ALEXANDRE HEBERNET

41.56 42 cps de bras / 44.61 47 cps de bras / 41.80 44 cps de bras / 42.38 46 cps de bras/ 40.15 49 cps de bras / 39.60 48 cps de bras / 37.37 54 cps de bras / 38.49 51 cps de bras