

Programme été nageur — 6 semaines (version complète avec progressions)

Semaine	Séance 1	Séance 2
Semaine 1	Mob + respi - 90/90 hips mobility x 8 - Respi ventrale x 5 cycles - Side lying chest opener x 5/5 Renfo : - Pompes (genoux ou pied) x 8-10 - Squat x 8-10 - Rest 90" x 3-4 rounds Cardio : x 3 blocs — 20" on / 40" off 1. Jumping jack 2. Russian twist 3. Superman hold	Mob + respi - Y-T-W x 8 - Side bend x 10 (5/5) - 90 Dragon flag breathing x 5/5 Renfo : - Rowing élastique x 8-12 - Fente latérale x 6/6 - Rest 90" x 3-4 rounds Cardio : FOR TIME — 3 rounds - 10 down-up - 16 knee up - 24 hip touch lateral plank
Semaine 2	Mob + respi - 90/90 hips mobility x 8 - Respi ventrale x 5 cycles - Side lying chest opener x 5/5 Renfo : - Pompes (genoux ou pied) x 8-10 - Squat x 8-10 - Rest 90" x 3-4 rounds Cardio : x 3 blocs — 20" on / 40" off 1. Jumping jack 2. Russian twist 3. Superman hold	Mob + respi - Y-T-W x 8 - Side bend x 10 (5/5) - 90 Dragon flag breathing x 5/5 Renfo : - Rowing élastique x 8-12 - Fente latérale x 6/6 - Rest 90" x 3-4 rounds Cardio : FOR TIME — 3 rounds - 10 down-up - 16 knee up - 24 hip touch lateral plank

Semaine	Séance 1	Séance 2
Semaine 3	Mob + respi - 90/90 hips mobility x 8 - Respi ventrale x 5 cycles - Side lying chest opener x 5/5 Renfo : - Pompes x 10-12 - Squat x 10-12 - Rest 90" x 3-4 rounds Cardio : x 3 blocs — 30" on / 30" off (9' total) 1. Jumping jack 2. Russian twist 3. Superman hold	Mob + respi - Y-T-W x 8 - Side bend x 10 (5/5) - 90 Dragon flag breathing x 5/5 Renfo : - Rowing élastique x 10-14 - Fente latérale x 8/8 - Rest 90" x 3-4 rounds Cardio : FOR TIME — 3 rounds - 10 down-up - 15 knee up - 24 hip touch lateral plank
Semaine 4	Mob + respi (nouveau bloc) - Knee touch ground (bottom squat position) x 5/côté - Respi ventrale (maintenue) - Wall thoracic rotation x 5/5 Renfo : - Pompes x 10-12 - Squat x 10-12 - Rest 90" x 3-4 rounds Cardio : x 3 blocs — 30" on / 30" off (9' total) 1. Jumping jack 2. Russian twist 3. Superman hold	Mob + respi (nouveau bloc) - Prone swimmer x 5 - Curtsy lunge w/ lateral bend - Bear crawl x 7m Renfo : - Rowing élastique x 10-14 - Fente latérale x 8/8 - Rest 90" x 3-4 rounds Cardio : FOR TIME — 6 rounds (nouveau volume) - 6 burpees - 6 aller-retour shuttle run - 12 jumping lunges

Semaine	Séance 1	Séance 2
Semaine 5	Mob + respi (nouveau bloc) - Prone swimmer x 5 - Curtsy lunge w/ lateral bend - Bear crawl x 7m Renfo : - Pompes x 12-15 - Squat x 12-15 - Rest 90" x 3-4 rounds Cardio : x 3 blocs — 40" on / 20" off (9' total) 1. Jumping jack 2. Russian twist 3. Superman hold	Mob + respi (nouveau bloc) - Prone swimmer x 5 - Curtsy lunge w/ lateral bend - Bear crawl x 7m Renfo : - Rowing élastique x 12-16 - Fente latérale x 10/10 - Rest 90" x 3-4 rounds Cardio : FOR TIME — 6 rounds - 6 burpees - 6 aller-retour shuttle run -- 12 jumping lunges
Semaine 6	Mob + respi - Prone swimmer x 5 - Curtsy lunge w/ lateral bend - Bear crawl x 7m Renfo : - Pompes x 12-15 - Squat x 12-15 - Rest 90" x 3-4 rounds Cardio : x 3 blocs — 40" on / 20" off (9' total) 1. Jumping jack 2. Russian twist 3. Superman hold	Mob + respi - Prone swimmer x 5 - Curtsy lunge w/ lateral bend - Bear crawl x 7m Renfo : - Rowing élastique x 12-16 - Fente latérale x 10/10 - Rest 90" x 3-4 rounds Cardio : FOR TIME — 6 rounds - 6 burpees - 6 aller-retour shuttle run - 12 jumping lunges