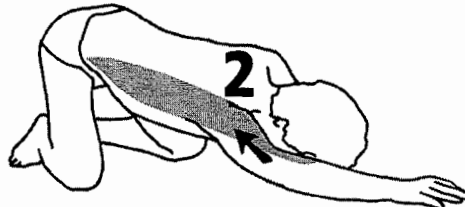


## Triathlon / natation

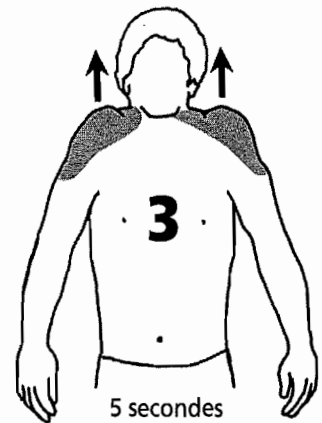
Marchez quelques minutes pour vous échauffer.



10 à 20 secondes  
(page 49)

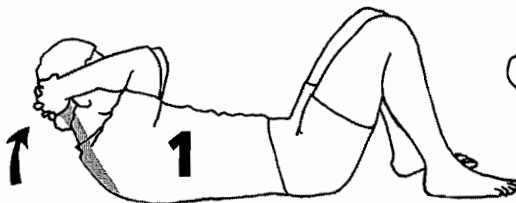


10 à 15 secondes chaque bras  
(page 42)



5 secondes  
trois fois  
(page 46)

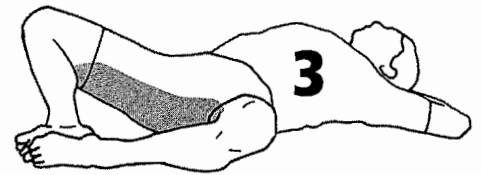
## Triathlon / cyclisme



3 à 5 secondes deux fois  
(page 27)

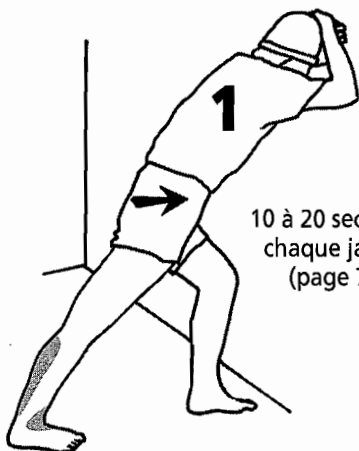


3 à 5 secondes deux fois  
(page 28)

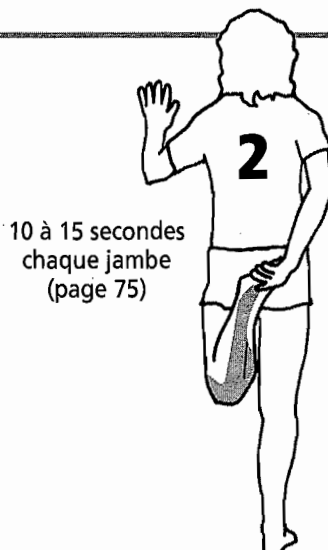


20 à 30 secondes  
(page 26)

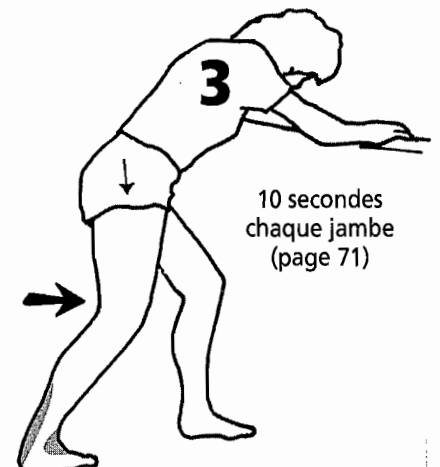
## Triathlon / course



10 à 20 secondes  
chaque jambe  
(page 71)



10 à 15 secondes  
chaque jambe  
(page 75)



10 secondes  
chaque jambe  
(page 71)