

Experienti@ - France Mobilitie

Place of Education : Font-Romeu

Date : 2ND TO 5th April 2023

Program :

April 02nd – Travel To Font Romeu

April 03rd – [Monday] 09.00 – 10.00 Reception and visit National Center Swimming pool Font Romeu.

April 03rd – [Monday] 10.00 – 12.30 Tracking/monitoring tools (Gregory Doucende)

April 03rd – [Monday] 13.00 – 14.00 Lunch break

April 03rd – [Monday] 14.00 – 16.00 The HypoxPerf Project (Paul Robach)

April 03rd – [Monday] 16.00 – 18.00 Training session with French Open Water Swimmer and Magali Merino French Open Water Coach

April 03rd – [Monday] 18.00 – 19.00 – Feed-back Discussing about the training session (Stéphane Lecat)

April 04th – [Tuesday] 08.00 – 10.00 Training session with French Open Water Swimmer and Magali Merino French Open Water Coach

April 04th – [Tuesday] 10.30 – 12.30 Feed-back Discussing about the training session (Stéphane Lecat)

April 04th – [Tuesday] 13.00 – 14.00 Lunch break

April 04th – [Tuesday] 14.00 – 16.00 The Specifics of year-round Training at altitude (Philippe Schweitzer)

April 04th – [Tuesday] 16.00 – 18.00 Feed-back On what we have “learned” since 2013 (Stephane Lecat and Robin Pla)

April 04th – [Tuesday] 16.00 – 18.00 Final Discussion

April 05th – [Wednesday] Free time and travelling back home