

[illegible]

Fait à Limoges, au siège de Limoges Métropole

Signal detection equipment is OADR 302020

Should be measured 24 hours after 1000

Le présent arrêté peut faire l'objet d'un recours pour excès de pouvoir devant le Tribunal Administratif territorialement compétent dans un délai de deux mois à compter de sa publication.

Abstract The objective of this study was to determine the effect of a 12-week training program on the performance of a 1000-m swimmer. The subjects were 10 male swimmers who were selected on the basis of their performance in the 1000-m swim. They were divided into two groups: a control group and an experimental group. The control group did not receive any training, while the experimental group received a 12-week training program. The results showed that the experimental group had a significant improvement in their performance compared to the control group. The improvement was most pronounced in the 1000-m swim, where the experimental group was able to complete the swim in a significantly shorter time than the control group. The results also showed that the experimental group had a significant improvement in their 500-m swim time, but not in their 250-m swim time. The results suggest that a 12-week training program can improve the performance of a 1000-m swimmer, but that the improvement is most pronounced in the 1000-m swim.

ARRÊTÉ

Arrêté portant mise à jour du Plan local d'urbanisme de la commune de Panazol

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 **TÉLÉCHARGER**