	Acceptant		Alexander	f		aada
monday	tuesday	wednesday	thursday	friday	saturday	sunday
alac	aec1	rest	rest	rest	rest	rest
	600 fr/bk fins					
3x100 Fins (25 D/25 Sw slow/25						
	6x25 drill fins + popov pd @40s					
	3x50 sw (25/35/50 i7) @1min					
	12x100fr dps neg split @1.30					
8x100 Kick Desc 1-4 Hold 4		rest	rest	rest	rest	rest
	6x25 drill fins + popov pd					
	3x50 sw fins (25/35/50 i7)					
Polo/35m i1, 1x 15m i8 SD/35m						
	split					
4x100 Fins 20 uw/Turns/rec						
	6x25 drill fins + popov pd I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII	I-II III-IV V VI VII VIII
3.6 0 0 0 0.1 0.3						
rest	rest	rest	rest	rest	rest	rest
1636	rest	rest	Test	Test	Test	rest
rest	rest	rest	rest	rest	rest	rest
	I-II III-IV V VI VII VIII		 			I-II III-IV V VI VII VIII
0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0	0 0 0 0 0 0