monday	tuesday	wednesday	thursday	friday	saturday	sunday
rest	rest	rest	rest	aec1	alac	rest
rest	rest	rest	rest	800 (200/100/200/100/100/100 fs/Bk / Kick) 2x 8x50 2x Rope Fins, 2x Sw 20m SD/R3 FINS 400 kick 2x100 15m i8 Head up/85m i1 12x50 4-4-2-2 Pd /no Pd Hold SC	4x 100 Kick Fins 50 35m 12B/15m Sw 50 20m SD Fins/Pd 30x50 4x Pd, 4x Sw, 2x i7 ANC @60 5x200 Kick 4x50 15 i8/35m i1 500 Fins 100 Kick 50 D/50 Sw	rest
I-II III-IV V VI VII VIII				I-II III-IV V VI VII VIII		I-II III-IV V VI VII VIII
0 0 0 0 0 0						
rest	rest	rest	rest	rest	rest	rest
rest	rest	rest	rest	rest	rest	rest
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
						0 0 0 0 0 0