lart ONE Twining raining 1.2 Taking swiming timish training traming [1.1.1 Gear up] $\Rightarrow \begin{bmatrix} 1.1.2 \\ \text{Warm up} \end{bmatrix} \Rightarrow \begin{bmatrix} 1.1.2 \\ \text{Warm up} \end{bmatrix}$ 1.2.1 Basic training 1.3.1 Summing up experience and lesson s 1.1.2-1 Six hundred => (1.1.2-2 Two hurdred)
meters tast swiming 1.2.1-1 meters slow swimming 1.3.2 1500m treestyle madrie a rest Competition practice: at team of four tour some race group, backstroke breaststocke, butterthy and self-swim 50m, 100m and 200 m RACES 200 m