

2x	100 crawl
	100 battements
	100 au choix
	100 hybride

4x 25 papillon	SPRINT
4x 25 dos	SPRINT
4x 25 brasse	SPRINT
4x 25 crawl	SPRINT

200 souple

2x 50 papillon	SPRINT
2x 50 dos	SPRINT
2x 50 brasse	SPRINT
2x 50 crawl	SPRINT

200 souple

100 papillon	SPRINT
100 dos	SPRINT
100 brasse	SPRINT
100 crawl	SPRINT

200 souple

total: 2600