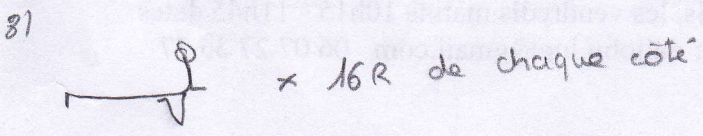
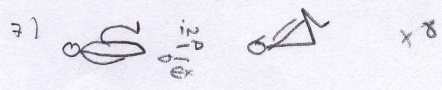
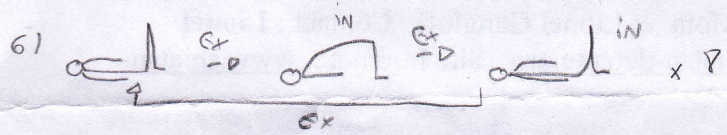
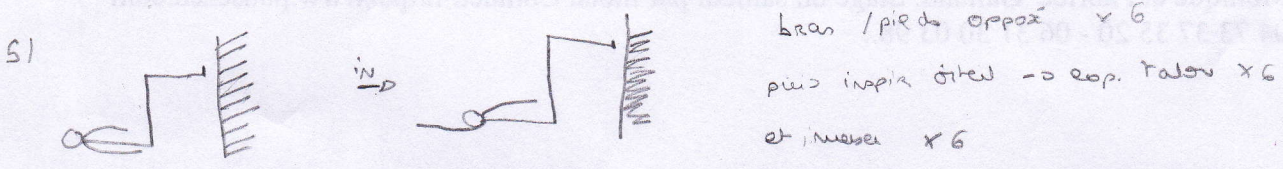
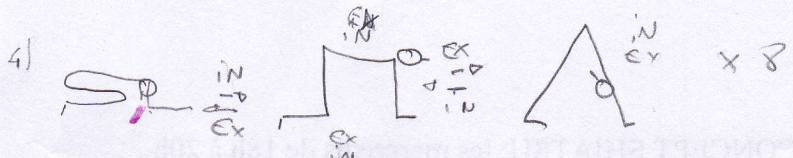
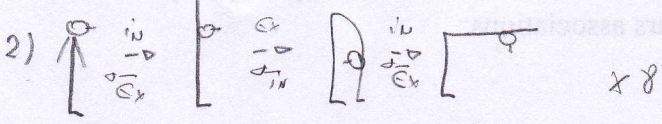


MATIN

1) observation + Marche = bassin



9) autant que nécessaire

10) repos + échauffement à 2