

Maximum Number of Repetitions and suggested recovery times
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DIVE DEPTH	BOTTOM TIME				
	1 min	2min	3 min	4 min	5 min
10m	100<	100<	85	61	48
Rec Time	4	6	8	10	12
15m	100<	48	28	19	14
Rec Time	4	6	8	10	12
20m	47	20	12	8	6
Rec Time	5	7	9	11	13
25m	24	11	7	5	4
Rec Time	5	7	9	11	13
30m	15	7	5	3	2
Rec Time	6	8	10	12	14
35m	10	5	3	1	
Rec Time	6	8	10	12	
40m	7	4	1		
Rec Time	7	9	11		

20

Number of Repetitions

7

Minimum Recovery Time Between the Dives