Look And Say

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Swim the Look and Say sequence. Look at the previous term and say it out loud. $\,$

→>Date:22 March 2024

→Pool Size:25
→Units:meters
→Length:3300

WarmUp	
400 Any Easy	1
1 × 100 as 1 Nr 1 👁0:15	2
2 × 100 as 1 Nr 1 © 0:15	3
1 Nr 1 00:15	4
3 × 100 as 2 Nr 2 © 0:15	5
1 Nr 1 😶:15	6
(1 Nr 1 ⊙0:15	7
5 × 100 as 2 Nr 2 ©0:15 1 Nr 1 ©0:15	8
	9
1 Nr 1 00:15	10
1 Nr 1 00:15 1 Nr 1 00:15	11
1 Nr 1 👀:15 1 Nr 1 👀:15	12 13
8 × 100 as 2 Nr 2 0 0:15 2 Nr 2 0 0:15	14
	15
1 Nr 1 00:15	16
(3 Nr 3 00:15	17
1 Nr 1 ©0:15	18
2 Nr 2 ©0:15	19
10 × 100 as 2 Nr 2 © 0:15	20
1 Nr 1 ⊙ 0:15	21
1 Nr 1 00:15	22

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