

# Squares In A Square

Christoph Bartneck

This follows the squares in a square sequence.

→Date:09 July 2024

→Pool Size:25

→Units:meters

→Length:2025 meters / 81 Laps

Warm up	
<b>1</b> laps FL	1
<b>4</b> laps BK ⌚0:15 Easy	2
<b>4</b> laps BR ⌚0:15 Easy	3
<b>4</b> laps FR ⌚0:15 Easy	4
First set	
<b>2:42</b> FR Race Pace	5
<b>9</b> laps D FL Single Arm ⌚0:15 Endurance	6
<b>9</b> laps BK ⌚0:15 Endurance	7
<b>9</b> laps BR ⌚0:15 Endurance	8
<b>9</b> laps FR ⌚0:15 Endurance	9
Second set	
<b>3:42</b> FR Race Pace	10
<b>16</b> laps FR ⌚0:15 Endurance Pads Pullbuoy	11
<b>16</b> laps Any Easy	12

made with: **swiml**