

# Round And Around

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This program represents the ration of two circles and the number of rotations that the smaller circles has around the larger circle.

→Date:25 July 2024

→Pool Size:25

→Units:meters

→Length:3200 meters / 128 Laps

Warm up		
<b>400</b>	Any Easy	1
First set		
<b>100</b>	FR	2
<b>100</b>	IM @_1:50 Endurance	3
<b>200</b>	Nr 4	4
Second set		
<b>200</b>	FR	5
<b>100</b>	IM @_1:50 Endurance	6
<b>300</b>	Nr 3	7
Third set		
<b>300</b>	FR	8
<b>100</b>	IM @_1:50 Endurance	9
<b>400</b>	Nr 2	10
Fourth set		
<b>400</b>	FR	11
<b>100</b>	IM @_1:50 Endurance	12
<b>500</b>	Nr 1	13

made with: **swimL**