

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

Warm up	
1 laps FL	1
4 laps BK 00:15 Easy	2
4 laps BR 00:15 Easy	3
4 laps FR 00:15 Easy	4
First set	
2:42 FR Race Pace	5
9 laps D FL Single Arm 00:15 Endurance	6
9 laps BK 00:15 Endurance	7
9 laps BR 00:15 Endurance	8
9 laps FR 00:15 Endurance	9
Second set	
3:42 FR Race Pace	10
16 laps FR 00:15 Endurance Pads Pullbuoy	11
16 laps Any Easy	12

made with: **swiml**