

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 meters / 132 Laps

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

made with: **swimL**