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## Warm up

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**200** Any Easy 1

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## Prime Numbers

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1 × **100** FR 00:15 2

4 × **100** IM 00:15 3

6 × **100** FR 00:15 4

8 × **100** IM Overlap 00:15 *Overlap 50s* 5

9 × **100** FR 00:15 6

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## Warm down

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**100** Any Easy 7