

Persistence

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Swimming the most multiplicative persistent number: 277777788888899.

→Date:12 April 2024
→Pool Size:25
→Units:meters
→Length:2750

1 times 2 laps		
1 × 50 FR		1
6 times 7 laps		
6 × 175 as	100 FR Threshold	2
	50 FR Endurance	3
	25 FR Race Pace	4
6 times 8 laps		
6 × 200 IM	00:15	5
2 times 9 laps		
2 × 225 as	100 FR b3	6
	75 FR b5	7
	50 FR b7	8

made with: **swimL**