

# Highly Composite Program

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This program divides 120 laps into 5 times 24 laps.

~>Date:04 July 2024  
~>Pool Size:25  
~>Units:meters  
~>Length:3000 meters / 120 Laps

120 laps		
600 as	100 FR	1
	100 D Any Any	2
	100 Not FR	3
6 x 100	IM @_1:45	4
4 x 150	D IM Order Any 00:15	5
3 x 200	FR 00:15 Pads	6
2 x 300	FR 00:15 Pads	7

made with: 