

## Warm Up

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**400** Any Easy 1

### Fibonacci set

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**1** laps FR 00:15 2

**1** laps FR 00:15 3

**2** laps Not FR 00:15 4

**3** laps FR 00:15 5

**5** laps FR 00:15 6

**8** laps Not FR 00:15 7

**13** laps FR 00:15 8

**21** laps FR 00:15 9

**34** laps Not FR 00:15 10

### Warm down

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**400** Any Easy 11