Look And Say

Christoph Bartneck

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

WarmUp	
400 Any Easy	1
1 × 100 as 1 FR ⊙ 0:15	2
2 × 100 as 1 FR © 0:15	3
1 FR ©0:15	4
3 × 100 as 2 BK ⊙ 0:15	5
1 FR ©0:15	6
1 FR © 0:15	7
5 × 100 as 2 BK ©0:15	8
1 FR ©0:15	9
1 FR ⊙ 0:15	10
1 FR ⊙ 0:15	11
1 FR ©0:15	12
8 × 100 as 1 FR 0 0:15	13
2 BK ©0:15	14
2 BK ©0:15	15
1 FR ⊙ 0:15	16
3 BR ©0:15	17
1 FR ©0:15	18
10 × 100 as 2 BK ©0:15	19
2 BK ⊙ 0:15	20
1 FR ©0:15	21
1 FR ⊙ 0:15	22

made with: SWINL