

Warm up

400 Any 1

First triangle

6 laps Nr 3 00:15 2

8 laps Nr 2 00:15 3

10 laps Nr 1 00:15 4

Second triangle

5 laps Nr 3 00:15 5

12 laps Nr 2 00:15 6

13 laps Nr 1 00:15 7

Third triangle

7 laps Nr 3 00:15 8

15 laps Nr 2 00:15 9

20 laps Nr 1 00:15 10

Fourth triangle

9 laps Nr 3 00:15 11

10 laps Nr 2 00:15 12

17 laps Nr 1 00:15 13

Fifth triangle

6 laps Nr 3 00:15 14

25 laps Nr 2 00:15 15

29 laps Nr 1 00:15 16