

Nested Loops

Christoph Bartneck

A program that showcases nested loops.

→Date:10 August 2024
→Pool Size:25
→Units:meters
→Length:2550 meters / 102 Laps

| Warm Up | |
|-------------------|----|
| 400 Any Easy | 1 |
| Nested Loop | |
| 25 BR @0:15 b1 | 2 |
| 100 FR @_1:40 60% | 3 |
| 25 BK @_0:35 | 4 |
| 50 BR @0:15 b2 | 5 |
| 100 FR @_1:40 60% | 6 |
| 25 BK @_0:35 | 7 |
| 100 FR @_1:45 70% | 8 |
| 50 BK @_1:10 | 9 |
| 75 BR @0:15 b3 | 10 |
| 100 FR @_1:40 60% | 11 |
| 25 BK @_0:35 | 12 |
| 100 FR @_1:45 70% | 13 |
| 50 BK @_1:10 | 14 |
| 100 FR @_1:50 80% | 15 |
| 75 BK @_1:45 | 16 |
| 100 BR @0:15 b4 | 17 |
| 100 FR @_1:40 60% | 18 |
| 25 BK @_0:35 | 19 |
| 100 FR @_1:45 70% | 20 |
| 50 BK @_1:10 | 21 |
| 100 FR @_1:50 80% | 22 |
| 75 BK @_1:45 | 23 |
| 100 FR @_1:55 90% | 24 |
| 100 BK @_2:20 | 25 |
| Warm down | |
| 400 Any Easy | 26 |