Highly Composite Program

Christoph Bartneck

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 × **100** IM @_1:45		4
4 × **150** D IM Order Any ⊙0:15		5
3 × **200** FR ⊙0:15 Pads		6
2 × **300** FR ⊙0:15 Pads		7

made with: swiML