| Warm Up | |
|---------------------------------|----|
| 400 Any Easy | 1 |
| Recaman set | |
| 1 laps FR 🖭:15 | 2 |
| 3 laps FR ⊙ 0:15 | 3 |
| 6 laps BK ⊙ 0:15 | 4 |
| 2 laps FR ⊙ 0:15 | 5 |
| 7 laps FR ⊙ 0:15 | 6 |
| 13 laps FR © 0:15 | 7 |
| 20 laps BK 0 0:15 | 8 |
| 12 laps FR 0 0:15 | 9 |
| 21 laps BK © 0:15 | 10 |
| 11 laps FR 0 0:15 | 11 |
| Warm down | |
| 200 Any Easy | 12 |