

# Absolute Primes

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Swimming the nine absolute prime numbers.

→Date:24 September 2024

→Pool Size:25

→Units:meters

→Length:2850 meters / 114 Laps

Warm up		
5 Laps as	1 laps FL	1
	1 laps BK	2
	3 laps FR	3
5 Laps as	1 laps BK	4
	3 laps FR	5
	1 laps FL	6
5 Laps as	3 laps FR	7
	1 laps FL	8
	1 laps BK	9
1 laps Any Easy		10
First set		
19 Laps as	1 laps FL	11
	9 laps BK	12
	9 laps FR	13
19 Laps as	9 laps BK	14
	9 laps FR	15
	1 laps FL	16
19 Laps as	9 laps FR	17
	1 laps FL	18
	9 laps BK	19
1 laps Any Easy		20
Second set		
13 Laps as	3 laps BR	21
	3 laps BK	22
	7 laps FR	23
13 Laps as	3 laps BK	24
	7 laps FR	25
	3 laps BR	26
13 Laps as	7 laps FR	27
	3 laps BR	28
	3 laps BK	29
1 laps Any Easy		30