Triangular Numbers

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Swim the first 8 terms of the triangular
numbers sequence.

⤳**Date:**22 April 2024
⤳**Pool Size:**25
⤳**Units:**meters
⤳**Length:**3400 meters / 136 Laps

Warm Up		
200 Any Easy		1
Triangular set		
1 as	**0** laps Not FR	2
	1 laps FR	3
3 as	**1** laps Not FR	4
	2 laps FR	5
6 as	**2** laps Not FR	6
	4 laps FR	7
10 as	**3** laps Not FR	8
	7 laps FR	9
15 as	**4** laps Not FR	10
	11 laps FR	11
21 as	**5** laps Not FR	12
	16 laps FR	13
28 as	**6** laps Not FR	14
	22 laps FR	15
36 as	**7** laps Not FR	16
	29 laps FR	17
Warm down		
200 Any Easy		18

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