

Warm Up

400 Any Easy 1

Nested Loop

25 BR 00:15 b1 2

100 FR @_1:40 60% 3

25 BK @_0:35 4

50 BR 00:15 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 00:15 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 00:15 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