

# Look And Say

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Swim the Look and Say sequence. Look at the previous term and say it out loud.

→Date:22 March 2024

→Pool Size:25

→Units:meters

→Length:3300

WarmUp		
400	Any Easy	1
1 × 100	as 1 FR 00:15	2
2 × 100	as { 1 FR 00:15	3
		4
3 × 100	as { 2 BK 00:15	5
		6
5 × 100	as { 1 FR 00:15	7
		8
		9
		10
8 × 100	as { 1 FR 00:15	11
		12
		13
		14
		15
		16
10 × 100	as { 3 BR 00:15	17
		18
		19
		20
		21
		22

made with: **swimL**