

Palatial Pi Program

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Swim the first 13 digits of Pi while increasing the intensity for shorter distances.

→Date:22 August 2024

→Pool Size:50

→Units:meters

→Length:4000 meters / 80 Laps

Warm Up	
400 Any Easy	1
Pi set	
3 laps FR 00:15 Race Pace	2
1 laps FR 00:15 Max	3
4 laps Not FR 00:15 Endurance	4
1 laps FR 00:15 Max	5
5 laps FR 00:15 Endurance	6
9 laps FR 00:15 Easy	7
2 laps Not FR 00:15 Race Pace	8
6 laps Not FR 00:15 Threshold	9
5 laps FR 00:15 Endurance	10
3 laps FR 00:15 Race Pace	11
5 laps FR 00:15 Endurance	12
8 laps Not FR 00:15 Easy	13
9 laps FR 00:15 Easy	14
7 laps FR 00:15 Threshold	15
Warm down	
200 Any Easy	16

made with: **swiml**