Warm up

200 Any Easy	1

Prime Numbers

1 × **100** FR ☺0:15	2
4 × **100** IM ☺0:15	3
6 × **100** FR ☺0:15	4
8 × **100** IM Overlap ☺0:15 *Overlap 50s*	5
9 × **100** FR ☺0:15	6

Warm down

100 Any Easy	7