

Warm up

400	Any Easy	1
Perfect set		
50	as 50 Any Easy	2
	50 FR b7	3
350	as 100 FR b5	4
	200 FR b3	5
	100 IM Race Pace	6
	150 FR Easy	7
	100 IM Race Pace	8
850	as 150 FR Easy	9
	100 IM Race Pace	10
	150 FR Easy	11
	100 IM Race Pace	12
50	as 50 Any Easy	13
150	as 150 K Any Fins	14
	100 Nr 4	15
	200 Nr 3	16
1000	as 300 Nr 2	17
	400 Nr 1	18
150	as 150 K Any	19