

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