Warm Up	
400 ⟷ Any Easy	1
Fibonacci set	
1 FR ☾0:15	2
1 FR ☾0:15	3
2 Not FR ☾0:15	4
3 FR ☾0:15	5
5 FR ☾0:15	6
8 Not FR ☾0:15	7
13 FR ☾0:15	8
21 FR ☾0:15	9
34 Not FR ☾0:15	10
Warm down	
400 ⟷ Any Easy	11