

Highly Composite Program

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This program divides 120 laps into 5 times 24 laps.

~>Date:04 July 2024
~>Pool Size:25
~>Units:meters
~>Length:3000 meters / 120 Laps

120 laps			
5 × 600 as	1 as	100 FR	1
		100 D Any Any	2
		100 Not FR	3
	6 IM	@_1:45	4
		4 D IM Order Any 00:15	5
		3 FR 00:15 Pads	6
		2 FR 00:15 Pads	7

made with: **swiml**