
Warm up

200 Any Easy 1

Prime Numbers

1 × **100** FR 00:15 2

4 × **100** IM 00:15 3

6 × **100** FR 00:15 4

8 × **100** IM Overlap 00:15 *Overlap 50s* 5

9 × **100** FR 00:15 6

Warm down

100 Any Easy 7