

Round And Around

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This program represents the ration of two circles and the number of rotations that the smaller circles has around the larger circle.

→Date:25 July 2024

→Pool Size:25

→Units:meters

→Length:3200 meters / 128 Laps

Warm up	
400 Any Easy	1
First set	
100 FR	2
100 IM @_1:50 Endurance	3
200 Nr 4	4
Second set	
200 FR	5
100 IM @_1:50 Endurance	6
300 Nr 3	7
Third set	
300 FR	8
100 IM @_1:50 Endurance	9
400 Nr 2	10
Fourth set	
400 FR	11
100 IM @_1:50 Endurance	12
500 Nr 1	13

made with: **swimL**