

## Warm Up

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**400** Any Easy 1

## Recaman set

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**1** laps FR 00:15 2

**3** laps FR 00:15 3

**6** laps BK 00:15 4

**2** laps FR 00:15 5

**7** laps FR 00:15 6

**13** laps FR 00:15 7

**20** laps BK 00:15 8

**12** laps FR 00:15 9

**21** laps BK 00:15 10

**11** laps FR 00:15 11

## Warm down

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**200** Any Easy 12