

Warm Up

200 Any Easy 1

Triangular set

1 as	0 laps Not FR	2
	1 laps FR	3
3 as	1 laps Not FR	4
	2 laps FR	5
6 as	2 laps Not FR	6
	4 laps FR	7
10 as	3 laps Not FR	8
	7 laps FR	9
15 as	4 laps Not FR	10
	11 laps FR	11
21 as	5 laps Not FR	12
	16 laps FR	13
28 as	6 laps Not FR	14
	22 laps FR	15
36 as	7 laps Not FR	16
	29 laps FR	17

Warm down

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