

Workout

7 x 50 breast @ 0:40
2 x 150 fly @ 1:40
4 x 75 breast @ 1:00
3 x 100 fly @ 1:50
1 x 300 breast @ 4:00
2 x 150 free @ 1:30
11 x 50 free @ 0:30
5 x 75 free @ 0:45
2 x 150 free @ 1:30
5 x 75 fly @ 0:50

Cooldown:

175 free
75 back
100 breast
50 free
50 back

Total: 3450