

## Workout

7 x 50 free @ 0:30  
8 x 50 back @ 0:35  
3 x 100 fly @ 1:50  
4 x 75 breast @ 1:00  
10 x 50 breast @ 0:40  
1 x 300 back @ 3:30  
11 x 50 back @ 0:35  
3 x 100 fly @ 1:50  
9 x 50 breast @ 0:40  
5 x 75 free @ 0:45

## Cooldown

125 back  
50 breast  
175 free  
75 back  
125 free

Total: 3825