

Workout

Set 1:

3 x 50 fly @ 0:35

3 x 50 breast @ 0:40

2 x 75 breast @ 1:00

1 x 150 fly @ 1:40

4 x 50 free @ 0:30

Set 2:

5 x 50 back @ 0:35

1 x 150 breast @ 2:00

2 x 75 back @ 0:55

2 x 75 fly @ 0:50

4 x 50 back @ 0:35

Set 3:

5 x 50 breast @ 0:40

1 x 150 free @ 1:30

3 x 50 back @ 0:35

2 x 75 free @ 0:45

2 x 75 fly @ 0:50

Cooldown 4:

25 back

125 free

100 free

Total: 2800