

Workout

Set 1:

4 x 50 breast @ 0:40

9 x 50 back @ 0:35

9 x 50 breast @ 0:40

Set 2:

3 x 50 free @ 0:30

4 x 50 back @ 0:35

2 x 75 fly @ 0:50

5 x 50 fly @ 0:35

3 x 50 free @ 0:30

Set 3:

4 x 50 back @ 0:35

3 x 50 free @ 0:30

3 x 150 free @ 1:30

Cooldown 4:

200 breast

150 free

50 back

Total: 3200