

Workout

Warm up 1:

275 free

100 fly

125 fly

125 free

25 fly

Set 2:

5 x 50 breast @ 0:40

2 x 75 fly @ 0:50

2 x 75 free @ 0:45

5 x 50 back @ 0:35

4 x 50 free @ 0:30

Set 3:

4 x 50 breast @ 0:40

2 x 75 breast @ 1:00

4 x 50 free @ 0:30

2 x 75 back @ 0:55

1 x 150 breast @ 2:00

Cooldown 4:

125 back

225 free

125 breast

Total: 2975