Swimming Addition

Add these numbers. Then complete the word problem.

$$\begin{array}{c} 77 \\ +\ 76 \end{array}$$

$$\begin{array}{c} 25 \\ +68 \end{array}$$

A swimmer swims 30 laps in the first hour and 45 laps in the second hour. When he finishes training, how many laps did he swim? Write an equation and find the answer.