A Problem of Time

A crab was trying to swim home after lying on the beach. Its home was 35 meters out in the ocean. It took the crab 1 minute to swim 10 meters. Then a wave would wash it back 5 meters, where it would rest for 1 minute before trying again. If it continued in this way, how long did it take the crab to get home?

Extension: Can you find a formula that would tell you how long it would take the crab to get home if he lived any distance away?