



*swim to live,
live to swim*

Workout 1

300m swim

200m kick

100 scull no kick

3x (4x50m [one arm back](#), 4x50m [shoulder roll kick](#))

10x75m dolphin kick done 25m side, 25m back, 25m other side

6x100m back done 4,5,6,7 dolphin kicks dolphin kicks in order of turns

300 easy kick cool down