



***swim to live,
live to swim***

Workout 19

300m streamline kick

100m [tennis ball breast](#) (hold a tennis ball in each hand while doing breaststroke)

200m streamline dolphin on back

100m tennis ball breast

100m dolphin on side

100m [tennis ball breast](#)

10x50m under water dolphin kick on back @ 30sec rest

6x100m done (25m right arm back, 25m left arm, 25m double arm, 25m fullstroke) @ 40 sec rest

4x200m streamline flutter on back with fast 5m into the wall and 5m out of the wall @ 1:30 rest

10x25m DPS back with a stroke count of <14/25m

200m easy choice swim