



*swim to live,
live to swim*

Workout 2

200m swim

200m [streamline kick](#)

6x25m lung busters – The least amount of breaths you can.

4x200m flutter on back 1 @ 50%, 2 @ 60%, 3 @ 70%, 4 @ 80%

10x50m back done 25m kick, 25m fast

10x25m back from start

[200 catch up back](#)

200 choice swim