



*swim to live,
live to swim*

Workout 29

300m dolphin kick on side

200m breast kick on back

300m [breaststroke 3 sec glide](#)

200m [catch up freestyle](#)

2x (4x25m DPS <14/25m 1 @20sec rest, 2 @15 seconds rest, 3 @ 10 sec, 4 @ 5 sec)

10 x 30 sec of [vertical kick](#), 30 sec rest. Put your arms in a streamline for more of a challenge.

10x25m scull

400m choice swim