



*swim to live,
live to swim*

Workout 36

400m streamline flutter kick on your back

200m swim

4x50m scull

2x(8x50m done 25m DPS <14/25m, 25m [catch-up back](#), 100m stroke rate back, 200m easy breaststroke)

400m streamline dolphin kick on back

10 backstroke starts