



*swim to live,  
live to swim*

### Workout 1

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200m choice swim

200m streamline kick

100m [dog paddle](#)

4x(50m [straight arm scull](#), 50m [fingers to bottom scull](#), 50m [breast pull](#))

3x(100m [3 kicks, 1 pull](#), 100m 3 pulls, 1 kick)

300m breast working on the timing (Pull, kick then glide)

400m choice swim