



*swim to live,
live to swim*

Workout 19

400m freestyle with tight streamlines off each wall

400m choice kick no breast

4x50m breast scull

4x50m [deep scull](#)

4x50m [breast pull with dolphin kick](#)

4x50m breast timing

4x100m breaststroke at race pace take 1:30 rest

600m freestyle at 80% effort with fins and 8 dolphin kicks off each wall

100 easy choice scull