



*swim to live,
live to swim*

Workout 2

20 under water breaststroke pull outs

300m choice swim

200m choice kick

100m choice scull

6x100m done 50m [pull](#), 50m kick @ 30 sec rest and 75% effort

6x75m [done right, left, both kick](#) @ 15 sec rest

6x50m breaststroke fast

3x200m freestyle building speed by 25m intervals

200m easy swim