



*swim to live,  
live to swim*

## Workout 29

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200m [breast kick with hands behind back](#), 200m [breaststroke pull with dolphin kick](#), 5 [under water pull outs](#) for distance from a dive.

4x100m done 25m fast [straight arm](#) scull, 25m [fingers to the bottom](#), 25m shoulder squeeze, 25m working on the lunge.

12x25m streamline breaststroke kick @ 10 sec rest DPK of < 14/25m

300m DPS < 10 working on stroke timing

10x50m breast from a dive working on under water pull outs from each wall.

400m done 25m [hand on head freestyle](#) drill, 25m [catch up freestyle](#)