



*swim to live,
live to swim*

Workout 3

100m choice swim

200m streamline kick

100m choice scull

200m choice swim

300m kick with fins

6x50m Distance per kick 10-12 kicks/25m arms at side on your front

6x50m Distance per kick 10-12 kicks/25m streamline arms

400m choice swim no breast

3x100m breaststroke timing

4x50m breaststroke sprint from a dive

200 easy swim