



***swim to live,
live to swim***

Workout 32

200m catch up freestyle

300m dolphin kick on your side

2x(4x25m [breast pull](#) @ 15sec rest, 4x25m streamline breast kick, 4x25m DPS <10, 2x50m breast fast, 100m easy)

500m done 25m choice drill, 25m [catch up freestyle](#)