



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

## Workout 9

---

15 [streamline bottom jumps](#)

100m [chicken swim](#)

200m choice kick

300m choice swim

8x25m breaststroke [arms with dolphin kick](#)

4x50m breaststroke kick with [arms behind back](#)

5x100m breaststroke @80% effort and 20 sec rest

300m easy choice