



*swim to live,  
live to swim*

### Workout 1

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200m choice kick

200m choice swim

200m done 25m scull, 25m choice drill

2x (4x50m [surface drill](#), 6x50m dolphin on side, 2x50m full stroke) Take 15sec rest between each 50m rep.

8x25m fast tempo dolphin kick with 20 sec rest

8x25m done 5 fast strong fly strokes, easy choice the rest of the way

400m choice cool down