



*swim to live,
live to swim*

Workout 19

12x25m choice swim from a dive

400m choice kick

10x75m done 25m fly fast, 50m distance per stroke less than 12 per 25m

10x50m dolphin kick fast with 30 sec of [vertical flutter](#) at the end. Take 20 sec rest

10x25m fly done odds kick and pull at same time, 25m relaxed recovery

400m freestyle strong

200m easy swim