



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

Workout 2

16 x 25m [½ staples](#) with long streamline off wall

200m choice swim

6x100m dolphin kick on side @90% effort & 15 sec rest

10x50m [strong kick fly](#) with fins

2x300m freestyle strong and fast with 2 min rest between reps

400m dolphin kick on back