



*swim to live,
live to swim*

Workout 29

200m choice swim

200m choice kick

200m [hand on head free](#)

100m [dog paddle](#)

100m [catch up free](#)

100m strong free

12x75m dolphin kick fast with fins. 4 done at 25sec rest, 4 done at 15sec rest and 4 done at 5sec rest

14x25m [strong kick](#) fly

200m [surface drill](#)

200m [one arm fly](#)

5 dives