



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

Workout 3

300m choice swim

200m choice kick

6x25m lung busters

4x200m dolphin kick with a board @ 85% effort

8x100m done 25m [surface drill](#), 25m dolphin kick on back, 25m [strong kick fly](#), 25m dolphin kick on front
– take 20sec rest between each 100m rep.

300m freestyle holding a stroke count of less than 16 strokes per 25m

200m easy choice