



*swim to live,
live to swim*

Workout 4

200m streamline kick

200m choice swim

100m choice scull

10x75m dolphin kick with fins and no board. These should be done at 80% effort and 10 sec rest.

10x25m fly with a strong pull and relaxed recovery

4x100m freestyle max effort. Take 30 sec rest between 100m reps.

400m easy choice swim