



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

Workout 40

100m [dog paddle](#)

100m flutter on side

100m scull

200m choice kick

200m [catch up free](#)

10x50m fly done 6 strong pulls and then easy off each wall

2x(4x50m [surface drill](#), 4x50m [head down fly](#), 4x50m stroke rate fly)

200m relaxed breathing free