



*swim to live,
live to swim*

Workout 9

400m freestyle swim, fast 5m into and 5m off your turn

200m streamline dolphin kick

6x100m done 25m [strong kick](#), 25m [flutter fly](#)

10x50m done 30sec of [vertical dolphin kick](#), 50m choice swim @ max effort

10x25m fly with 1 min rest between reps

300m choice kick