



*swim to live,
live to swim*

Workout 1

200 Swim

200 Kick

2 X (100m [Arm Pit Free](#), 100m [Finger Drag](#), 100m [One Arm Free](#), 100m [Shoulder Roll Kick](#))

-Take up to 30 seconds rest between each 100m drill.

4 X 100m Flutter kick at 85% effort. Take 20s rest between each set.

4 x 30s [vertical kick](#)

Spend some time working on improving your flip turns. Seriously like minimum 30 turns.