



*swim to live,  
live to swim*

## Workout 19

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100m [breaststroke struggle](#)

200m [hands behind your back breast kick](#)

300m swim no free

100m free DPS <16 strokes per 25m @ 2:15

100m free easy @ 2:15

100m free DPS <16 strokes per 25m @ 2:10

100m free easy @ 2:15

100m free DPS <16 strokes per 25m @ 2:05

100m free easy @ 2:15

100m free DPS <16 strokes per 25m @ 2:00

100m free easy @ 3:15

100m free DPS <16 strokes per 25m @ 1:55

200m easy back

16 x 25m [½ staples](#) working on turns with 15seconds rest

200m easy swim