



*swim to live,
live to swim*

Workout 2

200 IM Drill

200 IM Kick

100 Scull

10 x 50m done 25m streamline flutter kick, 25m freestyle. This set is to be done with fins. To get the best benefit from this set take no more than 12s rest, and not less than 5s rest.

5 x 100m Freestyle. Every streamline push off the wall needs to be a minimum of 5m, whether you are doing a flip turn or a touch turn. Take 20s rest between 100m reps. They are to be done at 75% effort.

10 x 25 under water dolphin kick. Try to take 8 breaths or less. You can have your arms at your sides, or in a streamline.

3 x 200m [Catch Up Freestyle](#) with fins.

100m easy choice swim.