



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

Workout 29

300m swim with 5 [streamline bottom bobs](#) 25m end

300m streamline choice kick

3x300m kick with fins, faster than 400m swim time. Take 3 min rest between each set

2 x (6x50m 7 breaths per 50m rep, 6 x 50m DPS <12/25m)

200m easy swim