



*swim to live,
live to swim*

Workout 3

100m Pull
100m Breast Stroke
200m Choice Swim

400m race pace kick. This set is to be done at max effort without fins. Keep a record of how long this takes you. This is a great marker for tracking your swimming progress. Take up to 3 min rest but try to start into the easy swim as soon as possible.

100m easy choice swim.

4 x 100 [Hand On Head Free](#). Take as much rest as needed to maintain form.

200m easy choice