



*swim to live,  
live to swim*

### Workout 39

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200m done 25m freestyle drill, 25m [dog paddle](#)

400m choice kick

2x (6x50m slow motion catch @ 2:00, 6x50m free sprint, 100m easy choice)

3x (2x100m flutter with fans at 100% effort, 100 easy choice)

12 x 25m decelerations. Work from fast and get slower each 25m rep.

200m breaststroke timing, pull, kick, glide