



*swim to live,
live to swim*

Workout 4

400m swim

200m kick

5 x 200m freestyle. 1 at 60%, 2 at 70%, 3 at 80%, 4 at 90%, 5 at Max effort. Do an easy 50m kick on your back between 200m reps.

12 x 25m [half Staples](#). Start 12.5m away from the wall. Your 25m rep will be 12.5m into the wall and then 12.5m out to where you started.

4x50 dolphin kick on your back.

200m easy choice swim