



*swim to live,
live to swim*

Workout 9

300m flip turn free stroke kick to get going again.

300m kick

8 x 25 [dog paddle](#), working on the catch.

4 x 300 free with fins. Dolphin kick as far as you can in a streamline off every wall.

12 x 25m [half staples](#), streamline spring off every wall

300m easy choice