



*swim to live,  
live to swim*

### Workout 1

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200m swim

50m reverse freestyle – done as if you were watching yourself doing freestyle in rewind.

200m choice kick

50m reverse back - done as if you were watching yourself doing freestyle in rewind.

6x100IM @ 85% effort & 15sec rest

2x(4x75m off order IM – 1) 25m fly,back,breast 2) back, breast, free 3) breast, free, fly 4) free, fly, back)

10 dives

200m easy choice swim