



*swim to live,
live to swim*

Workout 19

400m choice swim

3x90sec [vertical kick](#) with 45sec rest

100m boat scull

100m [dog paddle](#)

400m dolphin kick fast

4x (4x50m IM order sprint, 100m easy choice swim)

4x200m IM kick with fins @ 1 min rest. Do dolphin kick with breaststroke pull on the breaststroke portion.

200m easy choice