



***swim to live,
live to swim***

Workout 2

12 dives 4 of each stroke

400m freestyle swim

25m fly,

50m fly, 25m back,

50m fly, 50m back, 25m breast,

50m fly, 50m back, 50m breast, 25m free,

50m fly, 50m back, 50m breast, 50m free (this whole set is done swim without stopping)

2min rest

50m fly, 50m back, 50m breast, 50m free

50m fly, 50m back, 50m breast, 25m free

50m fly, 50m back, 25m breast

50m fly, 25m back

25m fly (this set is done kick without stopping)

200m easy swim