



*swim to live,
live to swim*

Workout 29

200m [catch up back](#)

100m [breast kick with arms behind back](#)

200m done [3 kicks 1 pull breast](#)

100m flutter kick on back

4x (50m fly/back, 50m back/breast, 50m breast/free, 100m stroke count of less than 8,10,8,10 per 25m.

400m [catch up freestyle](#) with strong dolphin kick off walls

5 dives