



*swim to live,  
live to swim*

### Workout 3

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12 flip turns

300m streamline kick

300m choice swim

100IM

8x50m free fast @ 20 sec rest

100IM

6x50m breast fast @ 20 sec rest

100IM

4x50m back fast @ 20 sec rest

100IM

2x50 fly fast @ 20 sec rest

100IM

10x30sec [vertical kick](#)

400m easy swim