



*swim to live,  
live to swim*

### Workout 35

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200m choice swim

300m choice kick

100m [breast struggle](#)

4x50m free fast; 100m easy, 3x50 breast fast, 100m easy; 2x50m back fast, 100m easy, 25m fly fast, 100m easy

10x30 sec [vertical dolphin kick](#)

200m dolphin kick on back

200m double arm back