

Kiefer Weekly Swim Workout- Beginner
Workout #18

April 30, 2019

Warm Up

100 swim

100 kick

100 backstroke

300 yards

300 cumulative yards

10 x 25's @ :10 rest

Two rounds, no freestyle!

Drill

Kick

Drill

Perfect

Fast!

250 yards

550 cumulative yards

2 x 150's @ :20 seconds rest

50 back

50 kick HARD

50 back

300 yards

850 cumulative yards

2 x 150's @ :20 rest

50 kick

50 back HARD

50 kick

300 yards

1150 cumulative yards

100 easy choice

100 yards

1250 cumulative yards