

Kiefer Weekly Swim Workout Beginner

February 22, 2020

Warm Up:

100 Free

100 Kick

200 yards

200 cumulative yards

Main set:

8 x 50's breath control (feel free to adjust suggested breaths either up or down to fit your needs)

2 x 50's @ :05 rest with 5 breaths per 50

2 x 50's @ :10 rest with 4 breaths per 50

2 x 50's @ :15 rest with 3 breaths per 50

2 x 50's @ :20 rest with 2 breaths per 50

400 yards

600 cumulative yards

100 secondary drill/swim by 25

6 x 50's @ :20 rest

#1 - free

#2 - 25 free/25 secondary

#3 - secondary

400 yards

1000 cumulative yards

200 easy loosen

1200 cumulative yards