

Kiefer Weekly Swim Workout - Beginner

January 16, 2018

A Little Distance

Focus: Extra yards, maintain technique.

Warm Up:

4 x 25's freestyle swim @ :10 rest

4 x 25's choice kick @ :10 rest

4 x 25's backstroke swim @ :10 rest

300 yards

300 cumulative yards

2 x 75's freestyle @ :10 rest

First 25 surf kick (head up, hands on top of the water shoulder width apart, kick HARD)

Second 25 drill

Third 25 build

150 yards

450 cumulative yards

Main Set:

5 x 50's freestyle @ :15 rest

1 - easy, take longer, more efficient strokes, take as few per lap as you can

2 - negative split, try to make the second 25 faster than your first

3-5 descend to fast

250 yards

700 cumulative yards

50 loosen

50 yards

750 cumulative yards

4 x 50's kick @ base :+15 or :10 rest

Easy down fast back

200 yards

950 cumulative yards

50 easy loosen

50 yards

1000 cumulative yards

