

Kiefer Weekly Swim Workout - Beginner

January 23, 2018

Speed Work

Focus: Short distance sprints.

Warm Up:

50 swim

50 kick

25 swim

25 kick

150 yards

150 cumulative yards

4 x 25's @ :15 rest

Variable sprint pattern

1 - half fast/half easy

2 - half easy/half fast

3 - all easy

4 - all fast

100 yards

250 cumulative yards

2 x 75's @ :20 rest

All the same non free stroke

#1 - kick, drill, swim by 25

#2 - build to a strong finish

150 yards

400 cumulative yards

Main Set:

6 x 50's fins on kick @ 1:00 or :30 rest as fast as possible average

300 yards

700 cumulative yards

Keep your fins on!

25 easy

25 fast (no freestyle)

50 easy

25 fast (no freestyle)

75 easy

200 yards

900 cumulative yards