

Kiefer Weekly Swim Workout - Beginner

January 30, 2018

Freestyle Kick

Focus: Strong kick equals a strong swimmer.

Warm Up:

25 free

25 kick

25 free

25 kick

100 yards

100 cumulative yards

50 extension kick @ :20 rest

Extension kick is done on your side resting your ear on your bottom arm, that arm is reaching out to the wall. The bottom arm is at your side, resting on your body. Your kicks should be very big and slow. Think kicking in the middle of the lane on the black line and trying to touch your toes to the lane line in front of you and behind you. Slow, very slow, and strong.

25 surf kick @ :20 rest

Head up and out of the water, chin on the surface. Hands out front like superman, right on top of the water. Don't let your head drop! Kick HARD.

50 drill right arm only down, left arm only back @ :20 rest

Breathe every stroke to the arm you aren't using. Ex. right arm only swimming means your left arm is hanging at your side. Each time your right hand enters the water you should be breathing.

25 Fast, best effort freestyle @ :20 rest

150 yards

250 cumulative yards

Main Set:

Fins on!

4 x 50's freestyle kick @ :30 rest

Kick as hard as you can for all four. Small, tight, strong kicks. Keep your feet in the water.

200 yards

450 cumulative yards

6 x 25's @ :20 rest, recover and think about the distance you are traveling per stroke.

Less is more!

Odds freestyle

Evens backstroke

150 yards

600 cumulative yards

100 freestyle swim, try to get faster with each lap by pressing your legs to give more.

100 yards

700 cumulative yards

4 x 25's your choice of stroke easy @ :20 rest

100 yards

800 cumulative yards