

Kiefer Weekly Swim Workout - Beginner

January 9, 2018

IM Accelerator

Focus: Distance per cycle recovery with medley mid distance.

Warm Up:

100 - three laps freestyle one lap backstroke

100 kick your choice

200 yards

200 cumulative yards

12 x 25's @ :10 rest

3 of each stroke

Drill - kick - swim

300 yards

500 cumulative yards

Main Set:

10 x 50's kick with fins @ :15 rest

Odds FAST AVERAGE

Even recover

500 yards

1000 cumulative yards

2 laps easy

50 yards

1050 cumulative yards

100 IM best effort

100 yards

1150 cumulative yards

2 laps easy

50 yards

1200 cumulative yards