

Kiefer Weekly Swim Workout - Beginner

October 11, 2018

Workout #2

Focus: Secondary.

Warm Up

***100 swim
100 IM kick***

***200 yards
200 cumulative yards***

***4 x 75's @ :15 rest
50 free, 25 backstroke***

***300 yards
500 cumulative yards***

***10 x 25's @ :10 rest
Odds freestyle perfect stroke
Evens secondary fast (your best non freestyle stroke)***

***250 yards
750 cumulative yards***

***10 x 25's @ :10 rest
Fins on
All fast kick either flutter or dolphin***

***250 yards
1000 cumulative yards***

100 easy

***100 yards
1100 cumulative yards***