

Kiefer Weekly Swim Workout - Beginner

October 25, 2018

Workout #4

Focus: Mixed Medley.

Warm Up

***100 swim
100 IM kick
100 IM drill***

***300 yards
300 cumulative yards***

***2 x 75's IM @ :15 rest
kick, drill, swim by 25***

***150 yards
450 cumulative yards***

4 x 50's kick weak stroke @ :15 rest

***200 yards
650 cumulative yards***

***4 x 25's freestyle @ :15 rest
Descend 1-3 and SPRINT 4***

***100 yards
750 cumulative yards***

100 easy kick

***100 yards
850 cumulative yards***