

Kiefer Weekly Swim Workout - Beginner

October 4, 2018

Workout #1

Focus: Free & Legs.

Warm Up

100 swim

100 kick

200 yards

200 cumulative yards

10 x 25's @ :10 rest

Odds - secondary drill

Evens - perfect free

250 yards

450 cumulative yards

4 x 50's descend 1-4 @ :15 rest

50 pull backstroke easy no interval

4 x 25's FAST @ :15 rest

50 easy pull free no interval

400 yards

850 cumulative yards

3 x 100's fin kick @ :20 rest

Descend 1-3

300 yards

1150 cumulative yards

50 easy

50 yards

1200 cumulative yards