

Kiefer Weekly Swim Workout - Beginner

November 1, 2018

Workout #1

Focus: Don't let the numbers get to you.

Warm Up

100 Free

100 yards

100 cumulative yards

20 x 25's @ :10 rest

3 @ each stroke (kick, drill, swim)

2 @ each stroke (one perfect, one FAST)

500 yards

600 cumulative yards

100 pull relax

100 yards

700 cumulative yards

4 x 50's @ :10 rest build

Weak kick

200 yards

900 cumulative yards

100 easy

100 yards

1000 cumulative yards