

Kiefer Weekly Swim Workout - Beginner

November 15, 2018

Workout #3

Focus: Speedy legs.

Warm Up

100 swim

100 kick

100 pull

300 yards

400 cumulative yards

4 x 75s @ :15 rest

25 surf kick

25 catch up

25 build to SPRINT FINISH

300 yards

700 cumulative yards

8 x 50's kick @ base +:20 or :10 rest

Easy down, fast back

400 yards

1100 cumulative yards

100 loosen

100 yards

1200 cumulative yards