

Kiefer Weekly Swim Workout - Beginner

November 22, 2018

Workout #4

Focus: Non-free.

Warm Up

100 free

100 IM kick

100 IM drill

300 yards

300 cumulative yards

2x (one round of each stroke)

75 @:20 rest

Kick/Drill/Swim by 50

25 easy free @:10 rest

25 fast @:20 rest

250 yards

550 cumulative yards

50 easy choice

50 yards

600 cumulative yards

3 x 100's @ :20 rest

1-3 secondary (your best non freestyle stroke)

25 secondary/75 free

50 secondary/50 free

75 secondary/25 free

300 yards

900 cumulative yards

50 easy choice

50 yards

950 cumulative yards

100 IM Fast for time

100 yards

1050 cumulative yards

100 easy choice

100 yards

1150 cumulative yards