

# **Kiefer Weekly Swim Workout - Beginner**

November 29, 2018

Workout #

Focus: LEGS!

**Warm Up**

**100 swim**

**100 yards**

**100 cumulative yards**

**12 x 25's @ :10 rest**

**3 on each stroke**

**1 kick**

**1 drill**

**1 build**

**300 yards**

**400 cumulative yards**

**4 Minute flutter kick max distance**

**Try to max out your laps, so kicking as hard as you can for 8 laps, be sure to count!**

**3 x 50's @ :30 rest**

**1 - right fin, left paddle**

**2 - left fin, right paddle**

**3 - both fins and paddles**

**150 yards**

**450 cumulative yards**

**200 IM for time**

**25 kick/25 swim**

**200 yards**

**650 cumulative yards**

**50 easy choice**

**50 yards**

**700 cumulative yards (plus your kick)**