

# Kiefer Weekly Swim Workout - Beginner

November 8, 2018

## Workout #2

Focus: Pace work.

### Warm Up

100 free  
50 back

150 yards  
150 cumulative yards

4 x 50's @ :15 rest  
Kick/drill by 25 IM order

200 yards  
350 cumulative yards

4 x 25's @ base +:05 or :10 rest  
Variable sprint pattern, your choice of stroke, mixing fine  
1 - open  
2 - close  
3 - easy  
4 - fast

100 yards  
450 cumulative yards

2x

4 x 25's pace

*Instructions: take your 100 goal time. It can be any stroke. And divide it by four. Round down. That's what you should be trying to hold for all four 25's. Rest SHOULD be minimal. Ex: if you want to break 1:00 in a 100 free you should be holding 14's for all four and you should be using no slower than :25 for your base. 10 seconds rest MAX. So divide by four and add 10 round to the nearest :05 or :10.*  
100 easy pull

400 yards  
850 cumulative yards

100

Your choice of kick and swim  
50 kick -25 scull - 25 surf kick

100 yards  
950 cumulative yards

50 loosen choice

50 yards

***1000 cumulative yards***