

Kiefer Weekly Swim Workout - Beginner

December 12, 2018

Workout #2.

Focus: Distance.

Warm Up

100 swim

100 kick

100 pull

300 yards

300 cumulative yards

8 x 25's @ :10 rest

1 - right arm only free

2 - left arm only free

3 - catch up

4 - perfect technique build

200 yards

600 cumulative yards

4 x 50's @ :10 rest

25 free/25 back try to match your cycles/strokes taken each lap.

200 free

800 cumulative yards

4 x 100's @ :20 rest

75 free moderate/25 SPRINT non freestyle

400 yards

1200 cumulative yards

100 easy choice warm down