

Kiefer Weekly Swim Workout - Beginner

December 19, 2018

Workout #3

Focus: Breaststroke highlights.

100 free

100 yards

100 cumulative yards

2 x 50's @ :10 rest breathing every three strokes

4 x 25's @ :10 rest

Odds free

#2 - underwater flutter kick only

#4 - perfect swim

100 breaststroke kick no interval (reset and repeat from 50's)

300 yards

400 cumulative yards

3 x 100's @ :20 rest

75 free heart rate 150-160

25 breast all out

300 yards

700 cumulative yards

100 breaststroke kick

100 yards

800 cumulative yards