

Kiefer Weekly Swim Workout - Beginner

December 26, 2018

Workout #4

Focus: Free technique.

100 free

100 kick

200 yards

200 cumulative yards

2 x 75's @ :15 rest

25 scull

25 distance per cycle

25 fast kick

150 yards

350 cumulative yards

3 x 100's @ :30 rest

1 - right fin, left paddle

2 - left fin, right paddle

3 - fins and paddles

300 yards

650 cumulative yards

4 x 25's freestyle @ :15 rest

descend 1-3 (3 FAST)

4 meet or beat 3

100 yards

750 cumulative yards

8 x 25's with fins @ :15 rest

1-3 underwater dolphin kick

4 recover choice

200 yards

950 cumulative yards

50 loosen

50 yards

1000 cumulative yards