

## **Kiefer Weekly Swim Workout - Beginner**

February 18, 2018

### **Workout #3**

Focus: Short Axis Breaststroke.

#### **Warm Up:**

**100 freestyle**

**4 x 25's breaststroke kick on your back**

- **Keep your hands at your side, and try to touch your heels to them with each kick. The challenge will be keeping your knees together AND beneath the surface**

**200 yards**

**200 cumulative yards**

**4 x 25's drill with a pull buoy on @:15 rest**

**Breaststroke pull only. No kick. No undulations. Let your hips and legs follow your upper body. SELF TALK. Pull, breathe, stretch. Every stroke**

**100 yards**

**300 cumulative yards**

**100 freestyle breath control**

**Lap One - breathe every three strokes**

**Lap Two - breathe every five strokes**

**Lap Three - breathe every seven strokes**

**Lap Four - breath every nine strokes**

**100 yards**

**400 cumulative yards**

**4 x 25's drill @ :15 rest**

**Breaststroke one pull, two kicks**

**SELF TALK EVERY STROKE it should be repeating in your head**

**Pull, breathe, kick, kick, stretch. Don't rush.**

**100 yards**

**500 cumulative yards**

**100 freestyle build, try to get faster each lap**

**100 yards**

**600 cumulative yards**

**4 x 25's breaststroke swim @ :15 rest**

**PULL - BREATHE - KICK - STRETCH**

**Say it every single stroke. Aim for perfect technique, try and descend, but not at the cost of stroke deterioration.**

**100 yards  
700 cumulative yards**

**2 laps easy choice**

**50 yards  
750 cumulative yards**