

Kiefer Weekly Swim Workout - Beginner

February 25, 2018

Workout #4

Focus: Butterfly Technique

Warm Up:

1 lap swim

1 lap dolphin kick on your back

1 lap swim

1 lap dolphin kick on your front

100 yards

100 cumulative yards

8 x 25's kick all dolphin @ :10 rest

2 - kick with a board, hands at the bottom flat on top of the board. Head in the water.

Breathe no more than every five kicks.

2 - on your right side, big full extension kicks, use your whole body. Fingertips to toes, think about extending your fingers and toes to the lane line, keep your body on the black line. Right arm up, left hand on your side.

2 - on your left side, big full extension kicks, use your whole body. Fingertips to toes, think about extending your fingers and toes to the lane line, keep your body on the black line. Left arm up, right hand on your side.

2 - underwater dolphin kick as far as you safely can, then easy free to the wall

200 yards

300 cumulative yards

Main Set

2 x 50's @ :15 rest

Drill-Swim Fly Odds

Evens Free

Drill - Five kicks on top of the water, one stroke fly, remember kick once when your hands are traveling past your hips, and again when they enter the water. Reach your hands out! Not down, you are trying to reach the wall, not the bottom of the pool.

100 yards

400 cumulative yards

8 x 25's with fins on @ :20 rest

1 - fast dolphin kick with or without a board your choice

2 - easy freestyle

3 - butterfly swim, use your legs to propel your arms, legs carry the workload today

4 - easy freestyle

200 yards



600 cumulative yards

2 laps easy free recover

50 yards

650 cumulative yards