

Kiefer Weekly Swim Workout - Beginner

March 11, 2018

Workout #2

Focus: Underwater work.

Warm Up:

2 laps swim

2 laps kick

2 laps swim

150 yards

150 cumulative yards

8 x 25's with fins

4 fly

4 back

Odds underwater dolphin kick as far as you can

Even's perfect technique, use your legs! They carry the workload, especially on fly.

200 yards

350 cumulative yards

4x50's kick FAST with fins best effort @ :15 rest

200 yards

550 cumulative yards

2 x 75's backstroke @ :20

5 underwater kicks off every wall, perfect technique swim

150 yards

700 cumulative yards

2 laps easy swim

50 yards

800 cumulative yards