

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

March 18, 2018

### **Workout #3**

Focus: IM drills and a little free.

#### ***Warm Up:***

***2 laps swim***

***2 laps kick***

***2 laps swim***

***150 yards***

***150 cumulative yards***

***4 x 50's Kick/Drill by 25 @ :20 rest***

***Fly - dolphin kick on your back/Alternate 2 right arm, 2 left arm for the drill***

***Back - streamline flutter kick on your back/alternate 2 right arm, 2 left arm for the drill***

***Breast - kick on your front, hands at your side, breath every kick/one pull with two kicks drill***

***Free - streamline flutter kick on your back/catch up drill***

***200 yards***

***350 cumulative yards***

***4 x 25's @ :20 rest***

***1 of each stroke***

***Perfect stroke first, then try to maintain and build your effort***

***100 yards***

***450 cumulative yards***

***Mini Ladder Set: Try to build your effort via your kick! Maintain perfect tech arms***

***25 free @ :10 rest***

***50 free @ :15 rest***

***75 free @ :20 rest***

***100 free***

***250 yards***

***700 cumulative yards***

***2 laps easy your choice***

***50 yards***

***750 cumulative yards***