

Kiefer Weekly Swim Workout - Beginner

March 25, 2018

Workout #4

Focus: Aerobic free intensity build.

Warm Up:

4 laps kick @ :15 seconds rest, get faster each lap

100 yards

100 cumulative yards

2x

50 freestyle drill, right arm only down, left arm only back. Remember, the arm you aren't using is dead at your side. When you breathe, breathe to the arm you aren't using. Breathe every stroke and work rotation. For example each time your right hand enters the water you should be breathing on your left!

25 freestyle perfect technique

150 yards

250 cumulative yards

Main Set

Fins on!

Alternate easy and fast on these 25's. Always fast on the odds and always easy on the evens.

2 x 25's flutter kick with a board (2 laps) take :15 rest between them

2 x 25's freestyle swim on :15 rest between them

2 x 25's flutter kick on your back in a streamline (2 laps) take :15 rest between them

2 x 25's backstroke swim on :15 rest between them

2 x 25's flutter kick with a board (2 laps) take :15 rest between them

2 x 25's freestyle swim on :15 rest between them

300 yards

550 cumulative yards

2 laps easy your choice

50 yards

600 cumulative yards