

Kiefer Weekly Swim Workout - Beginner

March 4, 2018

Workout #1

Focus: Distance descent.

Warm Up:

1 lap freestyle

1 lap kick

1 lap backstroke

1 lap kick

100 yards

100 cumulative yards

Main Set

Okay guys and gals we are going to work a little longer distance to start and ladder down today. Technique first!! If you feel like your strokes are falling apart REST. I don't want to reinforce poor habits. This is not a go as hard as you can thing, this is a think about what you are doing thing! Have fun! Stick with me!

200 freestyle, think about your distance traveled per stroke. Have a breathing pattern, either every 3-5 or 2, 2, 4 if you are like me and prefer one sided breathing. Streamline and kick off all your walls! You've got this!!!

200 yards

300 cumulative yards

150 - Alternate one lap freestyle and one lap backstroke. Try to take the same number of strokes each of the six laps, regardless the stroke. This is called stroke matching!

150 yards

450 cumulative yards

100 freestyle, getting a little something going here. Try to kick a little faster on lap 2, 3, and as hard as you can kick on lap 4. Your arms should still be working distance per cycle (stroke)

100 yards

550 cumulative yards

50 freestyle (a little bit faster now) Swim hard the first 25 and easy perfect on the second 25.

50 yards

600 cumulative yards

25 freestyle SUPER SPEEDY!
25 backstroke SUPER EASY!

50 yards
650 cumulative yards

Well done!!!