

Kiefer Weekly Swim Workout - Beginner

April 1, 2018

Workout #1

Focus: Fins!

Warm Up:

1 lap freestyle

1 lap backstroke

50 yards

50 cumulative yards

**100 IM kick (so one lap dolphin kick, one lap flutter/freestyle kick/one lap breaststroke kick/
one lap flutter/freestyle kick)**

100 yards

150 cumulative yards

Fins on for your 'main' set!

Repeat the following twice, for a total of 8 25's/laps. Take 20 seconds rest after each lap. Really maximize your effort on the kicks. Higher heart rate, higher intensity than anything else we do in this workout.

One lap freestyle kick, no board, underwater in a streamline on your belly as far as you can go. If you can't make it to the other side, kick on your back when you surface, holding that streamline)

One lap easy perfect freestyle with a relaxed kick

One lap dolphin kick, no board, underwater in a streamline on your back as far as you can go. If you can't make it to the other side, kick on your back when you surface, holding that streamline)

One lap easy perfect backstroke with a relaxed kick

200 yards

350 cumulative yards

Warm Down - fins off

One lap freestyle

One lap backstroke

Two laps kick your choice

100 yards
450 cumulative yards