

Kiefer Weekly Swim Workout - Beginner

April 22, 2018

Workout #4

Focus: Long axis.

Warm Up:

2 laps streamline kick on your back

1 lap freestyle

1 lap backstroke

2 laps kick with a board

150 yards

150 cumulative yards

2x50 @ :30 rest 1 free, 1 choice kick for a 25/25 backstroke

100 yards

250 cumulative yards

Main Set:

2 x 150 w/ paddles and fins

Odd: (25 right only, 25 left only, 50 Distance Per stroke)

Even: Free Swim (breathing 3/4/5 by 25)

300 yards

550 cumulative yards

Wow! That's our biggest beginner set yet, good job!!!

2 laps choice warm down

50 yards

600 cumulative yards