

Kiefer Weekly Swim Workout - Beginner

April 29, 2018

Workout #5

Focus: Breaststroke Kick.

Warm Up:

One lap freestyle

One lap choice kick

One lap choice swim

One lap choice kick

100 yards

100 cumulative yards

Now things are going to get a little experimentive...for science!

Do you have a pull buoy? Put it on!

4 x 25's (laps) breaststroke kick with a board and buoy @ :20 rest

Keep that buoy in place! Knees close together, feet stay submerged. Try to think about driving your feet together completely!

100 yards

200 cumulative yards

4 x 25's (laps) breaststroke kick no equipment on your back @ :20 rest

Hands at your side, try to touch your heels to your hands without your knees popping out of the water

100 yards

300 cumulative yards

4 x 25's breaststroke swim @ :20 rest

Make sure you self talk EVERY. SINGLE. STROKE.

Pull, breathe, kick, stretch.

If your head can't keep up with your body or vice versa, slow down

100 yards

400 cumulative yards

Warm Down:

One lap freestyle

One lap choice kick

One lap choice swim

One lap choice kick

100 yards

500 cumulative yards