

Kiefer Weekly Swim Workout - Beginner

April 8, 2018

Workout #2

Focus: Distance per cycle.

Warm Up:

One lap freestyle

One lap kick on your back in a streamline

One lap freestyle

One lap kick on your back in a streamline

100 yards

100 cumulative yards

Main Set:

We are going to play a game called Golf, you will need to do some addition

For each lap you need to count your strokes, and watch the clock and get your time.

Then add the two numbers together!

Tips: start easy, and try to take less strokes each lap while kicking harder to get a lower time.

You have 6 laps to try and 'lower' your score. Take 20-30 seconds rest between each attempt.

HAVE FUN!

150 yards

250 cumulative yards

Now for something completely different.....

2 laps breaststroke kick with a board @ :15 rest

2 laps breaststroke kick no board, hands on your chest like a mummy, breath before every kick. This is called mummy drill. Self talk breath kick stretch, breath kick stretch.

2 laps breaststroke kick on your back with your hands at your side, try to keep your knees from popping out of the water.

150 yards

400 cumulative yards

2 laps easy

50 yards

450 cumulative yards