

Kiefer Weekly Swim Workout - Beginner

May 13, 2018

Workout #2

Focus: Turns!

Warm Up:

2 laps freestyle

2 laps kick

2 laps backstroke

150 yards

150 cumulative yards

8 x 25's freestyle @ :15 rest

Do a flip turn every five strokes and kick out of it hard. Don't breathe on your last stroke before flipping (#5) or on your first stroke after flipping (#1)

200 yards

350 cumulative yards

IM In and Outs @ :5-:10 rest throughout

One on each stroke

Perfect technique first, speed second

These are essentially broken 50's with three parts. A dive, then reset, a turn, then reset, and finally a finish. You take your breaks after each part.

200 yards

550 cumulative yards

2 laps easy kick

2 laps easy choice

100 yards

650 cumulative yards