

# Kiefer Weekly Swim Workout - Beginner

May 20, 2018

## Workout #3

Focus: Secondary.

### **Warm Up:**

**All on :10 rest**

**25 freestyle**

**25 streamline kick on your back**

**25 backstroke**

**25 streamline kick on your back**

**50 freestyle**

**50 kick with a board**

**50 backstroke**

**50 kick with a board**

**300 yards**

**300 cumulative yards**

### **Main Set(s):**

***We are going to attempt some 25 IM's today. For fun. And for distance per cycle. So! Things that need to happen, first, good underwaters. 5-7 dolphin kicks then two strokes butterfly. Roll into 2 cycles backstroke, roll back to your tummy for 2 strokes breaststroke and finally 2 cycles freestyle. If you haven't made it to the wall yet you need to stretch out. If you made it to the wall but didn't finish all the strokes read on!***

***First: 7-9 underwater dolphin kicks and ONE stroke butterfly, then roll into one cycle backstroke, roll back to your belly for one stroke breaststroke and finally one cycle freestyle.***

**4 x 25 IM's @ :20 rest**

**Take your time!!!**

**4 x 25's freestyle @ :10 rest**

**Perfect stroke, relax your brain**

**4 x 25 IM's @ :20 rest**

**Take your time!!!**

**300 yards**

**600 cumulative yards**

**25 freestyle**

**25 streamline kick on your back**

**25 backstroke**

**25 streamline kick on your back**

**100 yards**

**700 cumulative yards**

