

# **Kiefer Weekly Swim Workout - Beginner**

May 27, 2018

## **Workout #4**

Focus: Kick based technique.

### ***Warm Up:***

***100 freestyle***

***50 kick***

***50 backstroke***

***200 free***

***200 cumulative yards***

***2 x 25's kick, build to fast @ :10 rest***

***1 lap right arm only freestyle @ :10 rest***

***1 lap left arm only freestyle @ :10 rest***

***2 x 25's kick, build to fast @ :10 rest***

***2 x 25's freestyle 90% catch up @ :10 rest***

***2 x 25's kick, build to fast @ :10 rest***

***2 x 25's freestyle perfect stroke***

***300 yards***

***500 cumulative yards***

***2x***

***50 freestyle perfect stroke @ :10 rest***

***1 lap choice easy @ :10 rest***

***1 lap freestyle FAST @ :30 rest***

***200 yards***

***700 cumulative yards***

***4 laps easy your choice***

***100 yards***

***800 cumulative yards***