

# **Kiefer Weekly Swim Workout - Beginner**

May 6, 2018

## **Workout #1**

Focus: Intro to IM.

### **Warm Up:**

**1 lap freestyle**

**1 lap dolphin kick**

**1 lap backstroke**

**1 lap breaststroke kick**

**100 yards**

**100 cumulative yards**

**Main Set(s): all 25's are on :10-:20 rest**

**One lap dolphin kick on your back in a streamline**

**One lap butterfly drill, 2 strokes right arm, 2 strokes left arm, 2 full strokes then easy free to the wall**

**One lap with a good streamline and underwater with four perfect butterfly strokes, easy free to the wall**

**One lap dolphin kick on your belly hands on top of the water shoulder width apart**

**100 yard**

**200 cumulative yards**

**One lap backstroke swim**

**One lap flutter kick on your back**

**One lap backstroke drill right arm only**

**One lap backstroke drill left arm only**

**100 yards**

**300 cumulative yards**

**One lap breaststroke kick**

**One lap breaststroke drill one pull, two kicks**

**One lap breaststroke kick**

**One lap perfect breaststroke swim**

**100 yards**

**400 cumulative yards**

**One lap easy perfect free**

**One lap FAST free**

**One lap FAST free**

**One lap easy perfect free**

**100 yards**

**500 cumulative yards**

