

# **Kiefer Weekly Swim Workout - Beginner**

June 10, 2018

Workout #2

Focus: Butterfly.

## ***Warm Up:***

***50 freestyle***

***50 choice kick***

***50 freestyle***

***50 dolphin kick***

***200 yards***

***200 cumulative yards***

***12 x 25's***

***1- dolphin kick, on your belly, hands on top of the water, shoulder width apart. Breath every 5-7 kicks***

***2 - 3 strokes right arm, 3 strokes left arm, perfect butterfly to finish***

***3 - dolphin kick, on your belly, hands on top of the water, shoulder width apart. Breath every 5-7 kicks***

***4 - underwater dolphin kicks (5-7) and four perfect butterfly strokes, easy freestyle to the wall***

***300 yards***

***500 cumulative yards***

***25 freestyle***

***25 choice kick***

***25 freestyle***

***25 dolphin kick***

***100 yards***

***600 cumulative yards***