

Kiefer Weekly Swim Workout - Beginner

June 17, 2018

Workout #3

Focus: Backstroke.

Warm Up:

25 freestyle drill
25 flutter kick
25 freestyle swim

25 backstroke drill
25 flutter kick
25 backstroke swim

150 yards
150 cumulative yards

Drill Work:

25 right arm only (left arm at your side)
25 left arm only (right arm at your side)
25 three right arm, three left arm
25 perfect

-focus on keeping your head still and rotating your body. Hips and shoulders are good points to focus on. I.e when your right hand is up in the air, your left shoulder should be back in the water, not flat on the surface.

100 yards
250 cumulative yards

25 right arm only (left arm at your side)
25 left arm only (right arm at your side)
25 three right arm, three left arm
25 FAST

100 yards
350 cumulative yards

4 x 50's kick @ :10 rest
Fins on
Easy down, FAST back

200 yards
550 cumulative yards

2 x 25's @ :20 rest (fins still on)
Fast backstroke
50 yards
600 cumulative yards

4 laps easy your choice

100 yards

700 cumulative yards