

# **Kiefer Weekly Swim Workout - Beginner**

June 24, 2018

## **Workout #4**

Focus: Breaststroke

***Warm Up: (lets try an extended warm up today)***

***200 freestyle (8 continuous laps)***

***100 breaststroke kick (4 continuous laps)***

***300 yards***

***300 cumulative yards***

***All 25's @ :20 rest***

***2 x 25's one pull, two kick breast drill***

***2 x 25's breast kick on your back hands at your side, keep your knees under the surface***

***2 x 25's breast pull, flutter kick, accelerate your reach/extension***

***2 x 25's mummy drill***

***2 x 25's breaststroke swim perfect***

***250 yards***

***550 cumulative yards***

***Go out to the flags and find a spot to jump off the bottom. You will need to try and jump straight up in a streamline and land in the same spot maintaining the streamline***

***4x***

***5 bob jumps and swim strong-perfect breast to the far wall, return to the flags easy free***

***200 yards***

***750 cumulative yards***