

Kiefer Weekly Swim Workout - Beginner

June 3, 2018

Workout #1

Focus: Freestyle.

Warm Up:

Three laps freestyle

One lap streamline flutter kick on back

Three laps backstroke

One lap streamline dolphin kick on back

200 yards

200 cumulative yards

4 x 25's drill on :20 seconds rest

1- right arm only

2 - left arm only

3 - catch up

4 - perfect technique

100 yards

300 cumulative yards

4 x 50's @ :20 rest

Option A: Descend 1-4

Option B: Build all four to fast finishes

200 yards

500 cumulative yards

Three laps freestyle

One lap streamline flutter kick on back

Three laps backstroke

One lap streamline dolphin kick on back

200 yards

700 cumulative yards