

Kiefer Weekly Swim Workout - Beginner

July 1, 2018

Workout #1

Focus: Freestyle.

Warm Up:

50 free

50 back

50 kick

150 yards

150 cumulative yards

8 x 25's @ :15 rest

1 - right arm only free

2 - left arm only free

3 - underwater streamline flutter kick ONLY

4 - perfect free

200 free

350 cumulative yards

Main Set: (an official main set! Are you ready???)

4 x 25's @ :10 rest, descend 1-4

100 free @ :30 rest best effort

2 x 50's @ :20 rest, #2 faster than #1

100 free easy

400 yards

750 cumulative yards

Great job!