

Kiefer Weekly Swim Workout - Beginner

July 15, 2018

Workout #3

Focus: Kicking.

Warm Up:

100 freestyle

50 kick

100 backstroke

50 kick

300 yards

300 cumulative yards

Fins on!!! Either flutter or dolphin kick your choice

Mini Ladder Set

25 fast kick @ :10 rest

50 fast kick @ :10 rest

75 fast kick @ :15 rest

100 fast kick @ :20 rest

75 fast kick @ :15 rest

50 fast kick @ :10 rest

25 fast kick @ :10 rest

400 yards

700 cumulative yards

100 easy your choice

100 yards

800 cumulative yards