

Kiefer Weekly Swim Workout - Beginner

July 22, 2018

Workout #4

Focus: Stretch your comfort zone.

Warm Up:

100 swim

100 kick

200 yards

200 cumulative yards

4x 50's @ base +:15 or :10 rest

Odd: kick/drill

Even: drill/swim

200 yards

400 cumulative yards

Main Set:

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

4 x 25's one of each stroke FAST @:10 rest

4 x 25's easy choice

300 yards

700 cumulative yards