

Kiefer Weekly Swim Workout - Beginner

July 29, 2018

Workout #5

Focus: Mid Distance.

Warm Up:

50 free

50 back

100 kick

200 yards

200 cumulative yards

10 x 25's @ :15 rest

Fins on

5 underwater dolphin kick on your side

5 underwater dolphin kick on your back

Take an extra :30 rest after each set of five

250 yards

450 cumulative yards

6 x 25's swim @ :15 rest

Odds free

Evens back

Match your cycles, same number of strokes whether you are doing free or back

150 yards

600 cumulative yards

4 x 50's fin kick all flutter @ :20 rest

200 yards

800 cumulative yards

100 loosen

100 yards

900 cumulative yards