

Kiefer Weekly Swim Workout - Beginner

August 12, 2018

Workout #2

Focus: Leg power.

Warm Up:

100 free

100 IM kick

200 yards

200 cumulative yards

12 x 25's @ :05-:10 rest

3 - dolphin kick underwater

3 - right arm only butterfly

3 - left arm only butterfly

3 - doubles butterfly

300 yards

500 cumulative yards

1 x 100 IM

Butterfly underwater, backstroke perfect technique, breast one breath no breath, freestyle overkick sprint

100 yards

600 cumulative yards

12 x 25's pull breath control

3 x 25's w/ 4-6 breaths @ :05 rest

3 x 25's w/3-5 breaths @ @ :10 rest

3 x 25's w/2-4 breaths @ :15 rest

3 x 25's w/1-3 breaths @ :20 rest

Pick a starting number and hold those breaths by rounds of 3

300 yards

900 cumulative yards

100 easy choice

100 yards

1000 cumulative yards