

Kiefer Weekly Swim Workout - Beginner

August 19, 2018

Workout #3

Focus: Legs

Warm Up:

100 swim

100 kick

200 yards

200 cumulative yards

16 x 25's @ +:10

4 - dolphin kick underwater

4 - catch up freestyle

4 - underwater flutter kick only in a streamline as far as you can

4 - right arm only down, left arm only back freestyle

400 yards

600 cumulative yards

Main Set

Fins on

8 x 50's kick @ :20 rest

Odds flutter easy down, fast back

Evens dolphin fast down, easy back

400 yards

1000 cumulative yards

100 choice easy!!!

100 yards

1100 cumulative yards