

## **Kiefer Weekly Swim Workout - Beginner**

August 26, 2018

Workout #

Focus: LEGS!

**Warm Up:**

**100 free**

**100 yards**

**100 cumulative yard**

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

**1 - one stroke butterfly, one stroke breaststroke**

**2 - free**

**3 - One breath no breath breaststroke**

**4 - free**

**300 yards**

**400 cumulative yards**

**2 x 75's @ base +:15 or :10 rest**

**50 free/25 secondary kick**

**Kick is FAST**

**150 yards**

**550 cumulative yards**

**4 x 50's breaststroke kick @ base +:20 or :10 rest**

**200 yards**

**750 cumulative yard**

**100 secondary kick fast!**

**100 yards**

**850 cumulative yards**

**50 easy choice**

**900 cumulative yards**