

# **Kiefer Weekly Swim Workout - Beginner**

August 5, 2018

## **Workout #1**

Focus: Medley and breast

### ***Warm Up:***

***100 free***

***50 breaststroke kick***

***150 yards***

***150 cumulative yards***

***10 x 25's @ :15 rest***

***Odds one pull 2 kick breaststroke***

***Evens build free***

***250 yards***

***400 cumulative yards***

***100 breaststroke with double underwater pullouts***

***100 yards***

***500 cumulative yards***

***4 x 25's @ :10 rest (one of each stroke build)***

***100 yards***

***600 cumulative yards***

***50 easy choice***

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

***50 easy choice***

***200 yards***

***800 cumulative yards***