

Kiefer Weekly Swim Workout - Beginner

September 16, 2018

Workout #

Focus: All the free!

Warm Up

100 free

100 kick

200 yards

200 cumulative yards

8 x 25's variable sprint pattern @ :10 rest

1- half easy/half fast

2 - half fast/half easy

3 - all easy

4 - all fast

200 yards

400 cumulative yards

6 x 25's @ :15 rest

1 - surf kick - hand on top of the water, shoulder width apart, head up, chin on the surface, kick your way down

2 - right arm only, left arm at your side, breath every stroke to your left side

3 - left arm only, right arm at your side, breath every stroke to your right side

4 - perfect technique

5 - FAST

6 - easy

150 yards

550 cumulative yards

3 x 50's kick @ :20 rest

1 - FAST

2 - easy

3 - FAST

150 yards

700 cumulative yards

100 easy

100 yards

800 cumulative yards