

Kiefer Weekly Swim Workout - Beginner

September 20, 2018

Workout #

Focus: Secondary

Warm Up

100 free

100 IM kick

200 yards

200 cumulative yards

12 x 25's @ :10 rest

3 - breast kick on back hands at your side, knees stay under

3 - dolphin kick with a board, straight arms, head in water, hands rest on top of board, no gripping

3 - freestyle swim descend 1-3

3 - secondary swim descend 1-3

300 yards

500 cumulative yards

Secondary Split:

Fly/Back

2 x 75's w/ fins @ :20 rest

1 - secondary swim, free, underwater (by 25)

2 - free, underwater, secondary

3 - underwater, secondary, free

150 yards

650 cumulative yards

Breaststroke

2 x 75's @ :20 rest

1 - breast, free, underwater pullouts

2 - free, underwater pullouts, breast

3 - underwater pullouts, breast, free

150 yards

650 cumulative yards

Back together:

4 x 50's pull @ :15 rest

Breathing every five strokes

200 yards

850 cumulative yards

50 easy loosen

50 yards
900 cumulative yards