

# **Kiefer Weekly Swim Workout - Beginner**

September 27, 2018

Workout #

Focus: Freestyle

## ***Warm Up***

***100 swim***

***100 kick***

***200 yards***

***4 x 75's @ :20 rest***

***25 kick - 50 swim***

***300 yards***

***500 cumulative yards***

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

***1 - right arm only freestyle (left arm at your side)***

***2 - left arm only freestyle (right arm at your side)***

***3 - perfect stroke***

***4 - build***

***200 yards***

***700 cumulative yards***

***Fins on! Best effort of the workout coming up! Let's do this!***

***200 fin kick for time no board! Excellent underwaters, be aggressive!***

***200 yards***

***900 cumulative yards***

***100 easy your choice***

***100 yards***

***1000 cumulative yards!!!! Great Job!***