

Kiefer Weekly Swim Workout - Beginner

January 2, 2019

Workout #1

Focus: Freestyle Technique.

Warm Up

100 free

100 kick

200 yards

200 cumulative yards

20 x 25's @ :10 rest

1 - right arm only free

2 - left arm only free

3 - three stroke 10 kick switch

4 - perfect technique

5 - FAST

500 yards

700 cumulative yards

Fins on!

6 x 50's kick @ :15 rest

Odds kick on your right side, right arm up, head resting on that shoulder, left hand at your side.

Evens kick on your left side, left arm up, head resting on that shoulder, right hand at your side.

Breath only when you need to, otherwise keep your face in the water.

300 yards

1000 cumulative yards