

Kiefer Weekly Swim Workout - Beginner

Workout #4

January 23, 2019

Focus:

100 swim
100 kick

200 yards
200 cumulative yards

6 x 50's @ :10 rest
Odds free/back by 25
Evens underwater breaststroke pull outs down/free back

300 yards
500 cumulative yards

4 x 25's secondary drill (your best non free stroke) @ :10 rest
2 x 50's secondary kick @ base +:15 or :10 rest
1 x 100's @ :15 rest
75 free, 25 secondary

300 yards
800 cumulative yards

1 x 125's @ :15 rest
fast IM double up your secondary
4 x 25's kick :15 rest all FAST

225 yards
1025 cumulative yards

100 easy loosen

100 yards
1125 cumulative yards