

Kiefer Weekly Swim Workout - Beginner

January 30, 2019

Workout #5

Focus: Speed

100 swim
100 IM kick
100 IM drill

300 yards
300 cumulative yards

8 x 25's @ base or :10 rest
Variable sprint pattern
1 - half easy, half fast
2 - half fast, half easy
3 - all easy
4 - all fast

200 yards
500 cumulative yards

2 x 100's @ base
75 relaxed distance per cycle freestyle
25 SPRINT your choice of stroke, all out effort, get moving!

200 yards
700 cumulative yards

2 x 50's pull @ base or :10 rest
2 x 75's @ base =:05 or :15 rest
25 SPRINT - 25 easy - 25 SPRINT
100 kick your choice

350 yards
1050 cumulative yards

Fins on!
8 x 25's @ base or :10 rest
1 - sprint
2 - easy
3 - underwater
4 - easy

200 yards
1250 cumulative yards

100 easy loosen

100 yards
1350 cumulative yards