

## Kiefer Weekly Swim Workout - Beginner

January 9, 2019

### Workout #2

Focus: Breaststroke.

100 free  
100 IM kick

200 yards  
200 cumulative yards

10 x 25's @ :45 or :15 rest  
1 - breast kick on back  
2 - scull no kick  
3 - underwater repeating pullouts  
4 - one pull 2 kick  
5 - one breath no breath

250 yards  
450 cumulative yards

8 x 50's kick @ base +:30 or :15 rest  
2 flutter (first 25 kick fast, second easy)  
2 breast kick

400 yards  
850 cumulative yards

4 x 25's @ :10 rest descend 1-3, meet or beat on 4 all free

100 yards  
950 cumulative yards

Broken 100 breast for time, 10 seconds rest between distances  
25 - 50 - 25

Subtract :20 from your total time

100 yards  
1050 cumulative yards

100 loosen choice  
1150 cumulative yards