

Kiefer Weekly Swim Workout - Beginner

February 14, 2019

Workout #

Focus: Medley

200 free

200 yards

200 cumulative yards

20 x 25's @ :10 rest

3 on each stroke: 1 kick, 1 drill, 1 swim

2 on each stroke: 1 drill, 1 build

50 yards

700 cumulative yards

8 x 50's with fins @ base +:10 or :10 rest

Odds dolphin

Evens flutter FAST

Board optional

400 yards

1100 cumulative yards

100 loosen your choice

100 yards

1200 cumulative yards