

Kiefer Weekly Swim Workout - Beginner

February 21, 2019

Workout #8

Focus: Meet Prep

You may of course use your own standard meet warm up, this is mine. The goal is to be ready to get up and go following its completion.

100 free
100 drill
100 kick
200 IM kick/drill by 25

500 yards
500 cumulative yards

6 x 25's @ :15 rest
1 - 80% effort
2 - 90% effort
3 - 100% effort
4 - 80% effort
5 & 6 - easy

150 yards
650 cumulative yards

Your choice of distance and stroke fast for time, off the blocks if possible. Don't forget to record your swim and time for progress!

200 easy pull your choice

200 yards
850 cumulative yards