

Kiefer Weekly Swim Workout - Beginner

February 28, 2019

Workout #9

Focus: Weak stroke

100 free
100 IM kick

200 yards
200 cumulative yards

10 x 25's @ base +:05 or :10 rest
All weak stroke
1 - kick
2 & 3 - drill
4 - build

250 yards
450 cumulative yards

3 x 100's @ base or :10 rest
75 free/25 weak stroke

300 yards
750 cumulative yards

10 x 25's @ :10 rest
Odds FAST weak stroke
Even's easy choice

250 yards
1000 cumulative yards

200 easy choice

200 yards
1200 cumulative yards