

Kiefer Weekly Swim Workout - Beginner

February 7, 2019

Workout

Focus: Recovery

Warm Up:

100 (75 freestyle/25 non freestyle)

100 kick your choice

200 yards

200 cumulative yards

8 x 50's kick @ base +:30 or :10 rest

Odds flutter kick easy fast by 25

Evens choice easy fast by 25

400 yards

600 cumulative yards

8 x 25's

Odds easy, even fast your choice of stroke

200 yards

800 cumulative yards

100 easy pull

100 yards

900 cumulative yards