

# Kiefer Weekly Swim Workout - Beginner

March 12, 2019

## Workout #11

Focus: Backstroke

100 swim

100 kick

200 yards

200 cumulative yards

10 x 25's fins on @ :15 rest

2 x

4 x 25's underwater dolphin kick

1 x 25 easy choice

4 x 25's underwater flutter kick

1 25 easy choice

250 yards

450 cumulative yards

4 x 50's @ :15 rest

25 right arm only backstroke, 25 left arm only backstroke

200 yards

650 cumulative yards

200 for time

75 backstroke, 25 fly or breast

200 yards

850 cumulative yards

150 easy

150 yards

1000 cumulative yards