

Kiefer Weekly Swim Workout - Beginner

March 20, 2019

Workout #12

Focus: Legs!!!

100 swim
100 flutter kick

200 yards
200 cumulative yards

4 x 50's @ :15 rest
25 kick, 25 swim

200 yards
400 cumulative yards

4 x 25's kick FAST @ :10 rest
100 easy pull
4 x 25's swim FAST @ :10 rest
100 easy pull

400 yards
800 cumulative yards

100 easy loosen

100 yards
900 cumulative yards