

## Kiefer Weekly Swim Workout - Beginner

March 27, 2019

### Workout #13

Focus: Flip turns and finishes

100 free

100 kick your choice

200 yards

200 cumulative yards

6 x 50's @ :15 rest

Kick hands at your side on your belly, no strokes at all. You may push off in a streamline and drop your hands. Work your turn with no arm generated momentum, legs and core only. When you need to breathe roll to a side and then roll back to flat, no arms!

300 yards

500 cumulative yards

2x50's @ :15 rest flip turn every five strokes (not cycles) don't breathe in or out of your flip

4 x 25's @ :10 rest

1 - fast finish

2 - fast finish

3 - easy

4 - 25 fast!

200 yards

700 cumulative yards

In and Outs:

Dive a fast 12.5 and stop to reset

From the 12.5 take a fast turn and breakout, returning to wear you started, at the 12.5

Finally from the 12.5 again take a fast finish back to the wall you started on.

Repeat 4 times odds free, even's back. Take about 10-15 seconds rest at each break

200 yards

900 cumulative yards

100 easy loosen

100 yards

1000 cumulative yards