

Kiefer Weekly Swim Workout - Beginner

March 5, 2019

Workout

Focus: Breaststroke

100 free

100 breaststroke kick

200 yards

200 cumulative yards

10 x 25's drill @:20 rest

1 - mummy drill (hands on chest, breath, kick, stretch)

2 - one pull 2 kicks

3 - one breath, no breath

4 - free re-set and relax

5 - breaststroke swim build

250 yards

450 cumulative yards

2 x 150's @ :30 rest

50 free/50 breast kick/50 free

300 yards

750 cumulative yards

100 pull easy

100 yards

850

10 x 25's @ :20 rest

Odds breaststroke FAST!

Evens easy free

250 yards

1100 cumulative yards