

Kiefer Weekly Swim Workout - Beginner

April 16, 2019

Workout #16

Focus:

Warm Up

100 swim

100 kick

100 backstroke

300 yards

300 cumulative yards

10 x 25's @:10 rest

5 x backstroke minimum 7 underwater dolphin kick

5 x free catch up

250 yards

550 cumulative yards

Backstroke

2 x 25's @ :10 rest

1 x 50 FAST @ :30 rest

100 yards

650 cumulative yards

Freestyle

2 x 25's @ :10 rest

1 x 50 FAST @ :30 rest

100 yards

750 cumulative yards

Fins on!

6 x 50's Kick @ :20 rest

Odds easy

Evens FAST

Your choice kick with a board or on your back working underwaters

300 yards

1050 cumulative yards

100 loosen

100 yards

1150 cumulative yards

