

Kiefer Weekly Swim Workout - Beginner

April 2, 2019

Workout #14

Focus: Check you base

We try to do this two to three times a year. Early short course and late, and at some point during the summer in long course.

For beginners this is an opportunity to see if you are ready to set a base and move up to our short class workouts. Give it a try!

100 freestyle swim
100 freestyle drill
100 IM kick

300 yards
300 cumulative yards

10 x 25's @ :10 rest
2 - 70% effort
2 - 80% effort
1 - 90% effort
1 - 100% effort
2 - 80% effort
2 - 70% effort

250 yards
550 cumulative yards

Timed swim for base setting:
500 freestyle for time

Divide your final time by your distance to get your base. For example if you do a 500 in 10 minutes your base will be roughly 2:00 per 100.

500 yards
1050 cumulative yards

200 loosen

200 yards
1250 cumulative yards