

Kiefer Weekly Swim Workout - Beginner

April 23, 2019

Workout #17

Focus: Speed play

50 free
500 back
50 free
50 kick

200 yards
200 cumulative yards

3 x 100's 50 kick/50 swim @ :10 rest
1 - dolphin kick/free swim
1 - flutter kick/back swim
1 - breast kick/breast swim

300 yards
500 cumulative yards

12 x 25's variable sprint pattern @:10 rest
1 - half easy, half fast
2 - half fast, half easy
3 - all easy
4 - all fast

300 yards
800 cumulative yards

100 easy pull

100 yards
900 cumulative yards

50 Fast for time, your choice of stroke

50 yards
950 cumulative yards

4 x 25's @ :10 rest
Odds - scull
Evens - easy choice

100 yards
1050 cumulative yards