

## **Kiefer Weekly Swim Workout - Beginner**

April 9, 2019

### **Workout #15**

Focus: Open Turns

100 free  
100 IM kick  
100 IM drill

300 yards  
300 cumulative yards

8 x 25's @ :10 rest  
All build to a fast finish, two of each stroke

200 yards  
500 cumulative yards

In and Outs! We did this a few weeks back when we were working on freestyle and backstroke flip turns. This time just fly and breast to work our open turns.

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 10 times odds breast, even's fly. Take about 10-15 seconds rest at each break

500 yards  
1000 cumulative yards

100 loosen

100 yards  
1100 cumulative yards