

Kiefer Weekly Swim Workout - Beginner

Workout #20

May 15, 2019

Warm Up

100 swim
100 kick
100 IM drill

300 yards
300 cumulative yards

8 x 25's variable sprint pattern :10 rest
Odd rounds free
Even rounds secondary non free

1 - fast easy
2 - easy fast
3 - all easy
4 - all fast

200 yards
500 cumulative yards

12 x 25's pull breath control
3 - with 5 breaths @ :05 rest
3 - with 4 breaths @ :05 rest
3 - with 3 breaths @ :10 rest
3 - with 2 breaths @ :15 rest

Start with a number of breaths you can work with, this is just a pattern example.

300 yards
800 cumulative yards

6 x 50's kick build to fast @ :15 rest

300 yards
1100 cumulative yards

100 easy loosen

100 yards
1200 cumulative yards