

Kiefer Weekly Swim Workout - Beginner

Workout #21

May 22, 2019

Warm Up

100 free
100 kick
50 back
50 kick

300 yards
300 cumulative yards

2x
4 x 25's underwater dolphin kick @:10 rest
1 x 50 FAST @ :10 rest
1 x 50 easy @ :10 rest

400 yards
700 cumulative yards

100 easy swim
75 free/25 back

100 yards
800 cumulative yards

4 x 25's scull @:10 rest
2 x 50's breaststroke @ :10 rest
One fast one easy

4 x 25's scull @ :10 rest
2 x 50's backstroke @ :10 rest
One fast one easy

400 yards
1200 cumulative yards

100 choice loosen

100 yards
1300 cumulative yards