

Kiefer Weekly Swim Workout - Beginner
Workout #22

May 28, 2019

Warm Up

100 Swim
100 kick
100 IM drill

300 yards
300 cumulative yards

3x
4 x 25's kick @ :10 rest (R1: dolphin, R2: flutter, R3: breast)
100 IM @ :20 rest
50 easy @ :20 rest

750 yards
1050 cumulative yards

Broken 100's aim for your season end goal time
4 x 25's @ :10 rest (non freestyle)
100 easy

200 yards
1250 cumulative yards