

Kiefer Weekly Swim Workout - Beginner
Workout #24

June 11, 2019

Warm Up

100 free
100 IM kick
100 back
100 IM kick

400 yards
400 cumulative yards

16 x 25's @ :10 rest
4 @ each stroke
Drill - kick - drill - swim by 25

400 yards
800 cumulative yards

4 x 25's breaststroke kick @ base +:20
4 x 25's breaststroke swim @ base +:10
1-3 are descend #4 FAST

200 yards
1000 cumulative yards

8 x 25's @ :10 rest
Odds easy free
Evens FAST secondary

200 yards
1200 cumulative yards

100 loosen choice

100 yards
1300 cumulative yards