

Kiefer Weekly Swim Workout - Beginner
Workout #26

June 25, 2019

Warm Up

100 swim
100 dolphin kick

200 yards
200 cumulative yards

10 x 25's @ base +:10 or :10 rest
1-5 dolphin kick with a board, hands resting on the bottom, face in the water
6-10 doubles (2 right arm, 2 left, 2 both)

250 yards
450 cumulative yards

100 pull @:10 rest
100 scull @ :10 rest

200 yards
650 cumulative yards

10 x 25's with fins 2 rounds of five @ :10 rest
1-4 underwater dolphin kick
5 recover easy

250 yards
900 cumulative yards

4 x 25's on your send off, best average, butterfly

100 yards
1000 cumulative yards

100 easy

100 yards
1100 cumulative yards