

Kiefer Weekly Swim Workout - Beginner

Workout #36

September 14, 2019

Warm Up:

100 swim
100 IM kick
100 dolphin kick on your back in a streamline

300 yards
300 cumulative yards

10 x 25's @ :10 rest

1 & 2 - dolphin kick with a board, hands on the bottom, face in the water. Don't use your thumbs to hold the board, just let them rest. Breath every 5-7 kicks

3 - right arm only

4 - left arm only

5 - four perfect fast strokes butterfly no breath

250 yards
550 cumulative yards

Fins on!

6 x 50's @ base

All dolphin kick no board

Odds maximize your underwaters

Evens recover

300 yards
850 cumulative yards

100 fly fast for time (broken)
25 - 50 - 25

10 seconds rest between distances, then subtract :20 from your time

100 yards
950 cumulative yards

100 loosen your choice

100 yards
1050 cumulative yards