

Kiefer Weekly Swim Workout - Beginner
Workout #37

September 21, 2019

Warm Up:

2x

50 free

25 back

25 breast

200 yards

200 cumulative yards

3 x 100 IM's @ :20 rest

1 - kick

2 - drill

3 - swim

300 yards

500 cumulative yards

Fins on! Everything is on :20 rest

2x

150 - 100 kick/50 swim

100 - 50 kick/50 swim

50 - 25 SPRINT/25 easy

600 yards

1100 cumulative yards

200 yards

1300 cumulative yards