

Kiefer Weekly Swim Workout - Beginner
Workout #38

September 28, 2019

Warm Up:

100 free

25 kick

100 back

25 kick

250 yards

250 cumulative yards

16 x 25's @ base or :10 rest

R1: drill, kick, drill, swim freestyle

R2: open, close, easy fast freestyle

R3: drill, kick, drill, swim backstroke

R4: open, close, easy, fast backstroke

400 yards

650 cumulative yards

3 x 150's

50 swim, 50 kick, 50 swim

1 - easy

2 - moderate

3 - hard

450 yards

1100 cumulative yards

200 loosen choice

200 yards

1300 cumulative yards