

Kiefer Weekly Swim Workout - Beginner
Workout #35

September 7, 2019

Warm Up:

50 back

50 kick

50 free

50 kick

200 yards

200 cumulative yards

8x 25's @ :10 rest

Odd: kick

Even: drill

200 yards

400 cumulative yards

Main Set:

100 free @ :10 rest build by 25

100 IM @ :15 rest FAST free

4 x 50's @ :05 rest heart rate 150

400 yards

800 cumulative yards

2 x 150's kick @ :20 rest

300 yards

1100 cumulative yards

100 loosen

100 yards

1200 cumulative yards