

Kiefer Weekly Swim Workout - Beginner

January 15, 2019

Warm Up

***100 free
100 kick your choice***

***200 yards
200 cumulative yards***

***10 x 25's @ :10 rest
1 - right arm only free
2 - left arm only free
3 - three stroke 10 kick switch
4 - perfect technique
5 - build to fast***

***250 yards
450 cumulative yards***

***6 x 50's freestyle @ :15 rest
1 - 70% effort
2 - 80% effort
3 - ALL OUT
4 - 80% effort
5 - 70% effort
6 - easy***

***300 yards
750 cumulative yards***

200 IM kick loosen

***200 yards
950 cumulative yards***