

Kiefer Weekly Swim Workout – Beginner

January 8, 2020

Warm Up:

100 free

100 IM Kick

200 yards

200 cumulative yards

Main:

50 fly kick on back easy down, fast back @ :10 rest

100 75 free/25 fly perfect @:15 rest

50 flutter kick easy down, fast back @ :10 rest

100 50 free easy 50 back build @ :15 rest

50 breast kick easy down, strong back with board @ :10 rest

100 75 free 25 breast strong @:15 rest

450 yards

650 cumulative yards

8 x 25 swim descend 1-4 twice your choice of stroke @ :15 rest

200 yards

850 cumulative yards

100 easy

100 yards

950 cumulative yards