

Kiefer Weekly Swim Workout – Beginner

February 1, 2020

50 free
50 flutter kick
50 back
50 dolphin kick
50 free
50 breast kick

300 yards
300 cumulative yards

4 x 25's butterfly @ :15 rest
1- Right arm only
2 - left arm only
3- underwater dolphin kick
4- swim perfect technique

100 yards
400 cumulative yards

8 x 25's's flutter kick with a board @ :10 rest
Odds fast
Evens easy

100 extension kick no board, kick on your side alternating which side by 25. Full leg extension with each kick. Try to touch the lane line to your front and back with each kick, stay on the middle line to balance.

200 yards
600 cumulative yards

1 x 100 @ :30 rest
Odd - 25 head up hands on the surface holding an imaginary kickboard, 25 right arm only, 25 left arm only, 25 swim

100 yards
700 cumulative yards

200 kick for time with fins as hard as you can go. Log your time.
100 easy extension kick

300 yards
1000 cumulative yards

100 easy

100 yards
1100 cumulative yards

