

## **Kiefer Weekly Swim Workout – Beginner**

February 8, 2020

**100 swim**  
**50 kick**  
**50 backstroke**

**200 yards**  
**200 cumulative yards**

**4 x 25's variable sprint pattern @ :15 rest**  
**1 - half fast half easy**  
**2 - half easy half fast**  
**3 - all easy**  
**4 - all fast**  
**4 x 50's kick descend 1-4 @ :15 rest**

**300 yards**  
**500 cumulative yards**

**12 x 25's @ :15 rest**  
**Round one butterfly, round two backstroke, round three breaststroke**  
**1 - drill**  
**2 - kick**  
**3 - drill**  
**4 - swim build**

**300 yards**  
**800 cumulative yards**

**100 easy**

**100 yards**  
**900 cumulative yards**