

Kiefer Weekly Swim Workout – Beginner

March 1, 2020

Warm Up:

100 swim

100 dolphin kick

200 yards

200 cumulative yards

10 x 25's @ :20 rest

All dolphin kick with a board hands resting on top of the bottom of the board not holding it, head down in the water, long arms. Lift your head to breathe every 5 kicks or more

250 yards

450 cumulative yards

5 x 50's @ :15 rest all butterfly drill

1- Right arm only down, left arm only back

2- Doubles (2 right arm, 2 left arm, 2 full strokes)

3 - freestyle recover

4- left arm only down, right arm only back

5- breakout (three perfect full strokes off the walls then easy free)

250 yards

700 cumulative yards

2 x 75's @ :30 rest

1- 25 underwater dolphin kick, 25 butterfly swim, 25 recover easy free

2- 25 recover, 25 underwater dolphin kick, 25 butterfly swim

3 - 25 butterfly swim, 25 recover, 25 underwater dolphin kick

100 easy choice

250 yards

950 cumulative yards

100 easy choice

1050 cumulative yards