

Kiefer Weekly Swim Workout - Beginner

January 2, 2018

Threshold

Focus: Medium to long distance heart rate training.

Warm Up:

100 swim

100 pull

100 breast kick

300 yards

300 cumulative yards

4 x 50's start at the flags @ :15 rest

10 jumps off the bottom, tight streamline, try not to move any direction other than straight up and down. Full bend at the knees, HARD explosive push up! After 10 finish the lap strong perfect breast swim, then return to the flags easy free

200 yards

500 cumulative yards

Main Set:

3 x 100's

2 free @base +:10

1 75 free/25 breast @ base

300 yards

800 cumulative yards

10 x 25's pull @ base +:05

Odds free

Evens back

Match your cycles by 25 i.e 10 free = 10 back

250 yards

1050 cumulative yards

2 x

75 (scull, perfect, build by 25 your choice) @ base +:10

25 FAST @ :20 rest

Rounds must match in stroke, but they are all choice.

200 yards

1250 cumulative yards

100 easy loosen

100 yards

1350 cumulative yards