

Kiefer Weekly Swim Workout - Beginner

October 18, 2018

Workout #3

Focus: Secondary.

Warm Up

100 swim

100 kick

200 yards

200 cumulative yards

4 x 25's Variable sprint pattern @ :10 rest

1 - open

2 - close

3 - easy

4 - fast

100 yards

300 cumulative yards

Secondary Break Up (your best non free stroke)

100 drill - broken by 25

Fly -

2 right arm, 2 left down, 2 both

Dolphin kick on your back

Fly, breast (don't breathe on fly, breathe on breast)

Four strokes fast, easy free

Back-

5 right, 5 left

Flutter kick on your back

Double arm back

Three cycles fast, easy free

Breast -

One pull two kick

Breast kick on your back, hands at your side

Five second stretch hold

Two strokes fast, easy free

100 yards

400 cumulative yards

8 x 25's @ :20 rest

Odds easy

Evens secondary fast

100 pull @ :10 rest

300 yards
700 cumulative yards