

Kiefer Weekly Swim Workout - Beginner

July 8, 2018

Workout #2

Focus: Combos!

Warm Up:

100 free

100 kick your choice

200 yards

200 cumulative yards

6 x 25's @ :10 rest dolphin kick

Use a kickboard, but put your hands on top resting at the BOTTOM of the board. Head is in the water looking down. Think about full body kicking. Breath every 4-6 kicks.

150 yards

350 cumulative yards

6 x 25's mummy drill @ :20 rest

Self talk: breathe, kick, stretch. Think about moving horizontally. Drive with your kick, feet together and put your head down into your stretch.

150 yards

500 cumulative yards

6 x 25's @ :20 rest

One stroke breaststroke (pull, breathe, kick, stretch), one stroke butterfly (make sure you get in BOTH dolphin kicks) Breathe on your breaststroke pull, head down on your butterfly.

150 yards

650 cumulative yards

6 x 25's @ :20

Odds- breaststroke

Evens - four fast strokes butterfly, easy free to finish

150 yards

800 cumulative yards

Well done!!!

Easy 100 choice warm down

100 yards

900 cumulative yards