

## **Kiefer Weekly Swim Workout - Beginner**

September 2, 2018

Workout #

Focus: IM

### ***Warm Up***

***50 free***

***100 IM kick***

***100 IM drill***

***250 yards***

***250 cumulative yards***

***10 x 25's @ :10 rest***

***Odds free***

***Evens breaststroke mummy drill***

***250 yards***

***500 cumulative yards***

***3 x 50's @ :30 rest FAST***

***1st 50 dolphin kick***

***2nd 50 backstroke***

***3rd 50 freestyle***

***150 yards***

***750 cumulative yards***

***50 easy your choice***

***50 yards***

***800 cumulative yards***

***3 x 50's @ :30 rest FAST***

***50 breast kick***

***50 back***

***50 free***

***150 yards***

***950 cumulative yards***

***50 loosen***

***50 yards***

***1000 cumulative yards WELL DONE!***