

Kiefer Weekly Swim Workout - Beginner

Workout #19

May 7, 2019

Warm Up

100 swim
100 IM kick
100 swim

300 yards
300 cumulative yards

4 x 75's @ :15 rest
25 kick/drill/swim 2 @ each stroke

300 yards
600 cumulative yards

1 x 100 IM's @ :30 rest
4 x 25's dolphin kick @ :10 rest
Descend 1-4

1 x 100 IM's @ :30 rest
4 x 25's flutter kick @ :10 rest
Descend 1-4

1 x 100 IM's @ :30 rest
4 x 25's breaststroke kick @ :10 rest
Descend 1-4

600 yards
1200 cumulative yards

100 easy

100 yards
1300 cumulative yards