

Kiefer Weekly Swim Workout - Beginner

Workout #25

June 18, 2019

Warm Up

100 swim
100 IM kick
100 pull

300 yards
300 cumulative yards

4 x 100's @ base +:20 rest
50 kick/50 swim

400 yards
700 cumulative yards

8 x 50's @ :15 rest
Odds IM order
Evens free

400 yards
1100 cumulative yards

100 easy recover

100 yards
1200 cumulative yards