

Kiefer Weekly Swim Workout - Beginner
Workout #23

June 4, 2019

For this workout I won't be calculating yards swum for you, keep track, record your times.

Meet Warm Up

100 swim
100 freestyle drill
100 flutter kick
200 IM drill - kick by 25

6 x 25's freestyle :10 rest
2 70% effort
2 80% effort
2 90% effort

100-200 loosen

Climb out take a 5-15 break, stretch, get a drink.

Your choice of event off the blocks for time

1-200 yards cool down