

## **Kiefer Weekly Swim Workout – Beginner**

January 1, 2020

**Warm Up:**

**100 swim**

**100 kick**

**200 yards**

**200 cumulative yards**

**4 x 50's @ :15 seconds rest**

**1 - 25 kick/25 free**

**2 - 25 drill/25 free**

**3 - 25 stroke/25 free**

**4 - 50 pull breath every 3**

**200 yards**

**400 cumulative yards**

**100 free swim distance per cycle, get long!**

**100 IM kick FAST!**

**4 x 25's easy**

**4 x 25's descend 1-4**

**400 yards**

**800 cumulative yards**

**100 loosen choice**

**100 yards**

**900 cumulative yards**