

Kiefer Weekly Swim Workout – Beginner

January 22, 2020

100 Freestyle Swim

3 x 50's @ :15 rest

1 - kick

2 - scull/free

3 - drill/swim non free

250 yards

3 x 50's @ :10 rest

Freestyle pull work on high elbows and distance per cycle

3 x 100 IM's @ :30 rest

1 - kick FAST

2 - drill easy

3 - swim FAST

Bonus :30 rest

50 FAST non-free

500 yards

750 cumulative yards

100 loosen your choice

100 yards

850 cumulative yards