

**Kiefer Weekly Swim Workout - Short
Workout #27**

July 2, 2019

Warm Up

**200 swim
100 pull
200 kick**

**500 yards
500 cumulative yards**

**20 x 25's @ base +:10 or :10 rest
1-5 streamline flutter kick
6-10 right arm only back
11-15 left arm only back
16-20 backstroke perfect**

**500 yards
1000 cumulative yards**

**4 x 150's @ base
1-2 50 free, 50 back, 50 free
3-4 50 back, 50 free, 50 back**

**600 yards
1600 cumulative yards**

**Fins on
500 flutter kick for time, good underwaters**

**500 yards
2100 cumulative yards**

**4 x 150's @ base -:05
1-2 50 free, 50 back, 50 free
3-4 50 back, 50 free, 50 back**

**600 yards
2700 cumulative yards**

100 easy pull

**100 yards
2800 cumulative yards**

**4 x 25's on your send off, best average backstroke!
100 yards
2900 cumulative yards**

100 easy choice

100 yards

3000 cumulative yards