

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

January 16, 2018

Long Course Prep

Focus: Stuck in a yards pool? This might help!

### ***Warm Up:***

***100 swim***

***100 kick***

***100 pull***

***100 kick***

***100 IM drill***

***500 yards***

***500 cumulative yards***

***8 x 75's @ base +:10 or :10 rest***

***First 25 surf kick***

***Second 25 drill***

***Third 25 build***

***600 yards***

***1100 cumulative yards***

### ***Main Set:***

***5 x 250's @ base +:20 or :15 rest***

***1 - prep distance per cycle***

***2 - negative split***

***3-5 descend to best effort***

***1250 yards***

***2350 cumulative yards***

***100 loosen***

***100 yards***

***2450 cumulative yards***

***10 x 50's kick @ base +:15 or :10 rest***

***Easy down fast back***

***500 yards***

***2950 cumulative yards***

***50 easy loosen***

***50 yards***

**3000 cumulative yards**

