

# **Kiefer Weekly Swim Workout - Short**

## **Speed Work**

January 23, 2018

Focus: Short distance sprints.

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

***100 swim***

***100 kick***

***100 pull***

***100 swim***

***400 yards***

***400 cumulative yards***

***20 x 25's @ base +:05 or :10 rest***

***Variable sprint pattern***

***1 - open***

***2 - close***

***3 - easy***

***4 - fast***

***500 yards***

***900 cumulative yards***

***6 x 75's @ base +:15 or :10 rest***

***All the same non free stroke***

***Odds - kick, drill, swim by 25***

***Even - Open (15 yards fast) - easy - close (15 yards fast)***

***450 yards***

***1350 cumulative yards***

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

***200 Pull @ :30 rest***

***2x 100's @ base***

***2 x 75's @ base***

***2 x 50's @ base***

***2 x 25's @ :20 rest***

***Last length of each distance FAST (not the pull)***

***700 yards***

***2050 cumulative yards***

***100 loosen easy choice***

***5 x 100's fins on kick @ 2:00 or :30 rest as fast as possible average***

***200 warm down and done!***

***800 yards***

***2850 cumulative yards***