

Kiefer Weekly Swim Workout - Short

January 30, 2018

Freestyle Kick

Focus: Technique based training.

Warm Up:

300 free

4x

50 extension kick on :10 rest (the 50 itself should take around 1 minute or more if you are doing it correctly)

25 surf kick @ :10 rest

50 drill right arm only down, left arm only back @ :10 rest

25 SPRINT @ :20 rest

900 yards

900 cumulative yards

10 x 50's @ descending interval

Ex. 2 @ 1:00, 2 @ :55, 2 @ :50, 2 @ :45, 2 @ :40

Start at :05 over your base and subtract :05 for each set of two

Rest based, descend by sets of two 1-5

500 yards

1400 cumulative yards

Main Set:

500 streamline flutter kick for time. Focus on underwaters passed the flags off every wall.

500 yards

1900 cumulative yards

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

25 free, 25 back, 25 free

4500 yards

2350 cumulative yards

100 right paddle, left fin

100 left paddle, right fin

200 swim

2550 cumulative yards

200 free for time

200 yards
2750 cumulative yards

200-400 loosen warm down

200-400 yards
2950-3150 cumulative yards