

Kiefer Weekly Swim Workout - Short

January 9, 2018

IM Accelerator

Focus: Distance per cycle recovery with medley mid distance.

Warm Up:

300 free every fourth lap backstroke

One minute vertical flutter kick

200 pull

One minute vertical dolphin kick

500 yards

500 cumulative yards

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

5 of each stroke

Drill - kick - drill - swim - fast!

500 yards

1000 cumulative yards

Main Set:

8 x 125 IMs @ base +:15

1 -2 50 fly, 25 back, 25 breast, 25 free

#2 faster than #1

3-4 25 fly, 50 back, 25 breast, 25 free

#4 faster than #3

5-6 25 fly, 25 back, 50 breast, 25 free

#6 faster than #5

7-8 25 fly, 25 back, 25 breast, 50 free

#8 faster than #7

1000 yards

1800 cumulative yards

10 x 50's kick @ base +:20 or :10 rest

Odds FAST AVERAGE

Even recover

500 yards

2300 cumulative yards

100 right paddle, left fin freestyle

100 left paddle, right fin freestyle

100 paddles only

100 fins and paddles

400 yards

2700 cumulative yards

200 IM for time

200 yards

2900 cumulative yards

100 easy loosen

100 yards

3000 cumulative yards