

Kiefer Weekly Swim Workout - Short

October 11, 2018

Workout #2

Focus: Secondary.

Warm Up

***200 swim
100 IM kick
200 pull***

***500 yards
500 cumulative yards***

***6 x 100's @ base or :10 rest
Every fourth 25 non free, your secondary***

***600 yards
1100 cumulative yards***

***20 x 25's with paddles @ :10 rest
Odds perfect free
Evens breaststroke***

***500 yards
1600 cumulative yards***

200 secondary kick

***200 yards
1800 cumulative yards***

***5 x 50's @ base or :10 rest (80% effort-ish)
100 easy pull @ :15 rest
5 x 50's @ base -:05 or :05 rest (90% effort-ish)
100 easy pull @ :15 rest***

***700 yards
2500 cumulative yards***

4 x 50's with fins all secondary @ base

***200 yards
2700 cumulative yards***

***4 x 75's easy @ :10 rest
25 kick
25 swim
25 scull***

300 yards

3000 cumulative yards