

Kiefer Weekly Swim Workout - Short

October 25, 2018

Workout #4

Focus: Mixed Medley.

Warm Up

200 swim
100 IM kick
100 IM drill

400 yards
400 cumulative yards

4 x 75's IM @ :15 rest
1&2 kick, drill, swim
3&4 last 25 fast

300 yards
700 cumulative yards

8 x 50's kick weak stroke @ base +:30 or :10 rest

400 yards
1100 cumulative yards

Ladders! @ 20 rest All 25's are SPRINT! All 100's are build
25 fly/50 back/75 breast/100 free
100 fly/25 back/50 breast/75 free
75 fly/100 back/25 breast/50 free
50 fly/75 back/100 breast/25 free

1000 yards
2100 cumulative yards

One more for fun:
50/100/150/100/50 Pull all @ :10 rest

450 yards
2550 cumulative yards

3 x 50's descend @ base or :15 rest

Your choice secondary, or free

150 yards
2700 cumulative yards

200 loosen

200 yards

2900 cumulative yards