

Kiefer Weekly Swim Workout - Short

October 4, 2018

Workout #1

Focus: Free & Legs.

Warm Up

200 swim

200 pull

100 kick

500 yards

500 cumulative yards

10 x 50's @ :15 rest

Odds - secondary drill

Evens - perfect free

500 yards

1000 cumulative yards

4 x 150's @ base +:05 or :15 rest

100 pull backstroke easy no interval

4 x 100's @ base or :10 rest

100 pull backstroke easy no interval

4 x 50's @ base -:05 or :05 rest

100 pull backstroke easy no interval

1500 yards

2500 cumulative yards

3 x 100's fin kick @ base

Descend 1-3

300 yards

2800 cumulative yards

200 easy

200 yards

3000 cumulative yards