

# **Kiefer Weekly Swim Workout - Short**

November 1, 2018

## **Workout #1**

Focus: Don't let the numbers get to you.

### ***Warm Up***

***200 Free  
100 IM kick  
100 IM drill***

***400 yards  
400 cumulative yards***

***800 IM (by 100 IM, so 8 x 100 IM's straight)  
Perfect fly, FAST back, double pullout breast, OVERKICK freestyle***

***800 yards  
1200 cumulative yards***

***20 x 50's @ base +:15 or :10 rest  
3 @ each stroke (kick, drill, swim)  
2 @ each stroke (one perfect, one FAST)***

***1000 yards  
2200 cumulative yards***

***100 pull relax***

***100 yards  
2300 cumulative yards***

***325 IM for time BE TOUGH  
25 fly, 50 back, 100 breast, 150 free***

***25 easy back to the wall***

***350 yards  
2650 cumulative yards***

***100 easy pull***

***100 yards  
2750 cumulative yards***

***4 x 50's @ :10 rest build  
Weak kick***

***200 yards  
2950 cumulative yards***

**50 easy**

**50 yards**

**3000 cumulative yards**