

Kiefer Weekly Swim Workout - Short

November 15, 2018

Workout #3

Focus: Mid-distance.

Warm Up

200 swim

100 kick

100 pull

400 yards

400 cumulative yards

8 x 75s @ :15 rest

25 surf kick

25 catch up

25 build to SPRINT FINISH

600 yards

1000 cumulative yards

3 x 100's @ base +:05 or :10 rest

1 x 125 @ same interval ^

2 x 100's @ base +:05 or :10 rest

2 x 125's @ same interval ^

1 x 100's @ base +:05 or :10 rest

3 x 125's @ same interval ^

1350 yards

2350 cumulative yards

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

Easy down, fast back

500 yards

2850 cumulative yards

100 loosen

100 yards

2950 cumulative yards