

## **Kiefer Weekly Swim Workout - Short**

November 8, 2018

### **Workout #2**

Focus: Pace work.

#### **Warm Up**

**300 swim (repeating 100 free/50 back 4x)**

**300 yards**

**300 cumulative yards**

**8 x 50's @ :10 rest**

**Kick/drill by 25 IM order**

**400 yards**

**700 cumulative yards**

**12 x 25's @ base +:05 or :10 rest**

**Variable sprint pattern, your choice of stroke, mixing fine**

**1 - open**

**2 - close**

**3 - easy**

**4 - fast**

**300 yards**

**1000 cumulative yards**

**4x**

**4 x 50's pace or 4 x 25's pace**

**Instructions: take your 200/100 goal time. It can be any stroke. And divide it by four.**

**Round down. That's what you should be trying to hold for all four 50's/25's. Rest**

**SHOULD be minimal. Ex: if you want to break 2:00 in a 200 free you should be holding**

**29's for all four and you should be using no slower than :40 for your base. 10 seconds**

**rest MAX. So divide by four and add 10 round to the nearest :05 or :10.**

**100 easy pull**

**1200/800 yards**

**2200/1800 cumulative yards**

**4 x 100's @ :15 rest**

**Your choice of kick and swim**

**50 kick -25 scull - 25 surf kick**

**400 yards**

**2600/2200 cumulative yards**

**100 loosen choice**

**100 yards**

**2700/2300 cumulative yards**