

Kiefer Weekly Swim Workout - Short

December 12, 2018

Workout #2.

Focus: Distance.

You might recognize this set, we've done it before, mixing it up for you, oldie but a goodie. One of my favorites.

Warm Up

100 swim

100 kick

100 pull

300 yards

300 cumulative yards

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

Hold your heart rate, don't race this, just consistent effort. You should feel slightly uncomfortable. Snorkel optional

600 yards

900 cumulative yards

6 x 100's pull @ base +:10 or :10 rest

50 free/50 back

600 yards

1500 cumulative yards

3 x 200's @ :30 rest

Odds IM Best effort

Even free recover

600 yards

2100 cumulative yards

2 x 300's free @ :30 rest

Negative split

#2 Best effort

600 yards

2700 cumulative yards

1 x 600 (if you have time)

Every fourth lap non freestyle SPRINT

600 yards

3300 cumulative yards

Warm down what you have time for! Great job!