

Kiefer Weekly Swim Workout - Short

December 26, 2018

Workout #3

Focus: Free technique

100 free
100 kick
100 IM drill
100 pull

400 yards
400 cumulative yards

12 x 75's @ :15 rest
25 scull
25 distance per cycle
25 fast kick

900 yards
1300 cumulative yards

3 x 150's @ :30 rest
1 - right fin, left paddle
2 - left fin, right paddle
3 - fins and paddles

450 yards
1750 cumulative yards

4 x 225's freestyle @ Base +15
descend 1-3 (3 FAST)
4 meet or beat 3

900 yards
2650 cumulative yards

16 x 25's with fins @ :15 rest
1-3 underwater dolphin kick
4 recover choice

400 yards
3050 cumulative yards

50 loosen

50 yards
3100 cumulative yards