

Kiefer Weekly Swim Workout - Short

December 5, 2018

Workout #1

Focus: Medley Transitions.

100 swim

50 dolphin kick

50 fly drill/swim by 25

50 flutter kick

50 back drill/swim by 25

50 breaststroke kick

50 breast drill/swim by 25

400 yard

500 cumulative yards

Fins on!

200 streamline kick on your back for time

Try to average 7-9 underwater kicks off each wall

200 yards

700 cumulative yards

8 x 25's @:10 rest

Odds scull

Evens easy free

200 yards

900 cumulative yards