

Kiefer Weekly Swim Workout - Short

February 18, 2018

Workout #3

Focus: Mid-Distance IM.

Warm Up:

200 swim

100 drill

300 IM Drill-kick-swim by 25

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

3@ 80% effort

2@ 90% effort

1 Best effort

1 @ 90% effort

1 @ 80% effort

2 @ perfect technique

1100 yards

1100 cumulative yards

Main Set

200 breath control @ :20 rest

3, 5, 7, 9 by 50

3 x 100's backstroke @ base +:15 or :10 rest

1 & 3 swim

2 - kick (streamline on back)

3 x 100 IM's @ base +:20 or :10 rest

1- kick

2- drill

3 - fast

3 x 100's pull descend 1-3 @ base

6 x 50's perfect technique easy@ :10 rest

Odd free

Even breast

1400 yards

2500 cumulative yards