

Kiefer Weekly Swim Workout - Short

February 25, 2018

Workout #4

Focus: Butterfly Technique

Warm Up:

100 swim

100 dolphin kick on your back

100 pull

300 yards

300 cumulative yards

20 x 25's kick all dolphin @ :10 rest

5 - kick with a board, hands at the bottom flat on top of the board. Head in the water.

Breathe no more than every five kicks.

5 - on your right side, big full extension kicks, use your whole body. Fingertips to toes, think about extending your fingers and toes to the lane line, keep your body on the black line. Right arm up, left hand on your side.

5- on your left side, big full extension kicks, use your whole body. Fingertips to toes, think about extending your fingers and toes to the lane line, keep your body on the black line. Left arm up, right hand on your side.

5- underwater dolphin kick, try for the whole 25.

500 yards

800 cumulative yards

Main Set

6 x 50's @ :15 rest

Drill-Swim Fly Odds

Evens Free

Drill - Five kicks on top of the water, one stroke fly.

300 yards

1100 cumulative yards

3 x 200's @ base +:15 or :20 rest

Every fourth underwater dolphin kick

Every eighth FAST fly

600 yards

1700 cumulative yards

4 x 75's pull @ base +:10 or :10 rest

Breath control, 3, 5, 7 by 25

300 yards
2000 cumulative yards

10 x 50's Fish Flop @ :20 rest
Dive if you can

500 yards
2500 cumulative yards

100 loosen warm down your choice

100 yards
2600 cumulative yards