

Kiefer Weekly Swim Workout - Short

March 11, 2018

Workout #2

Focus: Underwater work.

Warm Up:

200 swim

100 pull

100 IM kick

400 yards

400 cumulative yards

20 x 25's with fins

10 fly

10 back

Odds underwater dolphin kick

Even's build to fast

500 yards

900 cumulative yards

10x50's kick FAST best effort @ base +:10 or :10 rest

500 yards

1400 cumulative yards

Main Set

4 x 75's backstroke @ base +:15 or :10 rest

7 underwater kicks off every wall, perfect technique swim

300 yards

1700 cumulative yards

Ladder up and down all @ base or :10 rest

50

100

150

200

150

100

50

800 yards

2500 cumulative yards

6 x 50's @ :10 rest
Odds weak stroke kick
Even weak stroke drill

300 yards
2800 cumulative yards

200 pull breath control 3, 5, 7, 9 by 50

200 yards
3000 cumulative yards