

Kiefer Weekly Swim Workout - Short

Workout #3

March 18, 2018

Focus: IM prep and aerobic free.

Warm Up:

200 swim

200 pull

200 IM kick

600 yards

600 cumulative yards

8 x 50's Kick/Drill by 25 @ base +:15 or :15 rest

2 @ each stroke

400 yards

1000 cumulative yards

16 x 25's @ base +:05 or :10 rest

4 @ each stroke

Think of this as a broken 400 IM, fast, good breakouts and finishes

400 yards

1400 cumulative yards

Main Set

3 x 100's @ base +:05 or :10 rest

100 pull relax

3 x 100's @ base or :05 rest

100 back pull relax

3 x 100's @ base -:05 or :05 rest best effort

100 pull choice relax

1200 cumulative yards

2600 cumulative yards

6 x 50's kick @ :10 rest

Easy down/strong back

300 yards
2900 cumulative yards

100 easy

100 yards
3000 cumulative yards