

Kiefer Weekly Swim Workout - Short

Workout #4

March 25, 2018

Focus: Aerobic free intensity build.

Warm Up:

100 swim
100 kick
100 pull
100 IM drill

400 yards
400 cumulative yards

2x
100 kick (25 front, right, left, back) @ :10 rest
50 extension kick (right/left by 25) @ :15 rest
50 perfect free breathing every three, underwater flip turn @ :10 rest
2 x 25's one fast, one easy @ :10 rest

500 yards
900 cumulative yards

Main Set

4x 50's @ base or :10 rest

200 pull recover

4 x 50's @ base - :05 or :05 rest

200 pull recover

4 x 50's @ 2:00 or 1:00 rest BEST AVERAGE HIGH INTENSITY
Option to wear fins

200 pull recover

1200 yards
2100 cumulative yards

10 x 50's kick @ base +:15 or :10 rest

500 yards
2600 cumulative yards
100 easy loosen

100 yards
2700 cumulative yards