

Kiefer Weekly Swim Workout - Short

March 4, 2018

Workout #1

Focus: Controlled effort throughout.

Warm Up:

100 swim

100 kick

100 pull

300 yards

300 cumulative yards

Main Set

Broken 400's!

16 x 25's @ base -:05 or :05 seconds rest

400 yards

700 cumulative yards

8 x 50's snorkel on @ base or :10 rest

400 yards

1100 cumulative yards

4 x 100's

75 free/25 secondary fast (best non free) @ base +:05 or :10 rest

400 yards

1500 cumulative yards

2 x 200's kick with fins negative split @ base +:10 or :15 rest

400 yards

1900 cumulative yards

400 paddles, snorkel, and fins BEST EFFORT

400 yards

2300 cumulative yards

200 loosen

200 yards

2500 cumulative yards