

Kiefer Weekly Swim Workout - Short

April 22, 2018

Workout #4

Focus: Speed work and long axis.

Warm Up:

200 free

100 kick

100 pull

400 yards

400 cumulative yards

12x50 @ base +:10 or :20 rest (1 Free, 1 25 Non-Free/25 Free, 1 Kick

600 yards

1000 cumulative yards

4x150 w paddles @ :20 rest

Odd: (25 right only, 25 left only, 50 Distance Per stroke)

Even: Free Swim (breathing 4/5/6 by 25

600 yards

1600 cumulative yards

Main Set:

Fins:

2x

150:100 back / 50 fast free @ base or :15 rest

2x

100: 50 back / 50 fast free @ base +:05 or :10 rest

2x

50: 25 fast/25 easy @ base +:10 or :05 rest

600 yards

2200 cumulative yards

200 Free/Back x50s (long stroke, even cycle count)

200 yards

2400 cumulative yards

Fins:

1x

150:100 back / 50 fast free @ base or :15 rest

1x

100: 50 back / 50 fast free @ base +:05 or :10 rest

1x

50: 25 fast/25 easy @ base +:10 or :05 rest

300 yards

2700 cumulative yards

200 loosen

2900 cumulative yards