

# **Kiefer Weekly Swim Workout - Short**

## **Workout #5**

April 29, 2018

Focus: Non free, mostly butterfly. Let's do this!

### **Warm Up:**

**400 every fourth 25 non freestyle**

**400 yards**

**400 cumulative yards**

**4 x 150's kick @ :10 rest with a board**

**50 tombstone kick (vertical board, water pressure)**

**50 FAST**

**50 tombstone kick**

**600 yards**

**1000 cumulative yard**

### **Main Set(s):**

**3 x 100 IM's @ base +:20**

**1- kick**

**2 - drill**

**3 - FAST**

**300 yards**

**1300 cumulative yards**

**2 x**

**150 backstroke @ :10 rest**

**50 kick, 50 drill, 50 build**

**100 backstroke @ base +:15**

**9 underwater dolphin kicks off every wall**

**50 backstroke FAST @ :30 rest**

**600 yards**

**1900 cumulative yards**

**10 x 50's pull @ base**

**500 yards**

**2400 cumulative yards**

**2 x 100's @ :10 rest**

**50 fly/50 free**

**200 yards**

**2600 cumulative yards**

**4 x 25's @ base + :10**

***Odds fast fly  
Even recover free***

***100 yards  
2700 cumulative yards***

***100 easy***

***100 yards  
2800 cumulative yards***