

## **Kiefer Weekly Swim Workout - Short**

April 8, 2018

### **Workout #2**

Focus: Aerobic free and technique.

#### **Warm Up:**

**200 swim**

**100 pull**

**100 kick**

**400 yards**

**400 cumulative yards**

**4 x 100's every fourth 25 secondary drill @ base + :15**

**400 yards**

**800 cumulative yards**

**6 x 100's @ base +:20**

**Seven underwater kicks off every wall**

**600 yards**

**1400 cumulative yards**

#### **Main Set:**

**2x**

**75, 50, 25**

**Each distance on the same interval. 75's should be touch and go, if you are getting rest, you need to drop your interval by :05 seconds.**

**Ex. 75, 50, 25 each @ :50 seconds**

**300 yards**

**1700 cumulative yards**

**4 x 75's pull @ base +:10**

**Descend stroke count by 25**

**300 yards**

**2000 cumulative yards**

**6 x 50's @ base**

**Descend 1-3**

**300 yards**

**2300 cumulative yards**

**200 loosen easy**

**200 yards**

**2500 cumulative yards**