

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

May 13, 2018

### **Workout #2**

Focus: Turns!

#### **Warm Up:**

**100 swim**

**100 kick**

**100 IM drill**

**100 pull**

**400 yards**

**400 cumulative yards**

**12 x 50's w/ underwater, fully submerged flip turns, no duck butts!**

**3 @ base +:10 or :15 rest**

**3 @ base +:05 or :10 rest**

**3 @ base or :05 rest**

**3 @ base +:10 or :10 rest**

**600 yards**

**1000 cumulative yards**

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

**8 x 100's freestyle @ base +:10 or :10 rest**

**1st 25 and 4th 25 five strokes (not cycles) then a flip turn**

**The goal is to get out of the flip FAST and make your interval. It should be challenging.**

**800 yards**

**1800 cumulative yards**

**IM In and Outs @ :5-:10 rest throughout**

**2 @ each stroke**

**Race pace speed**

**These are essentially broken 50's with three parts. A dive, then reset, a turn, then reset, and finally a finish. You take your breaks after each part.**

**400 yards**

**2200 cumulative yards**

**400 pull breath control**

**3, 5, 7, 9 breaths by 50**

**400 yards**

**2600 cumulative yards**

**200 loosen choice**

**200 yards**

**2800 cumulative yards**

