

# **Kiefer Weekly Swim Workout - Short**

May 27, 2018

## **Workout #4**

Focus: Aerobic legs and free.

### **Warm Up:**

**200 free**

**100 kick**

**100 pull**

**400 yards**

**400 cumulative yards**

**2 x 100's kick @ base +:20 or :10 rest**

**2 x 50's @ :10 rest right arm only/left arm only by 25**

**2 x 100's kick @ base +:20 or :10 rest**

**2 x 50's 90% catch-up @ :10 rest**

**2 x 100's kick @ base +:20 or :10 rest**

**2 x 50's 25 head up free/25 underwater to halfway @ :10 rest**

**900 yards**

**1300 cumulative yards**

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

**3 x**

**100 free R1: base +:15/:15 rest, R2: base +:10/:10 rest, R3 base +:05/:05 rest**

**50 easy @ :10 rest**

**50 FAST @ 1:30**

**600 yards**

**1900 cumulative yards**

**300**

**25 scull/25 back by 25**

**300 yards**

**2200 cumulative yards**

**10 x 50's @ base +:10 or :10 rest**

**Freestyle with underwater flip turns at the wall**

**500 yards**

**2700 cumulative yards**

**100 pull easy**

**100 yards**

**2800 cumulative yards**

**100 fast for time**

**100 yards**  
**2900 cumulative yards**

**100 loosen your choice**

**100 yards**  
**3000 cumulative yards**