

Kiefer Weekly Swim Workout - Short

May 6, 2018

Workout #1

Focus: IM kick and transitions.

Warm Up:

200 freestyle swim

100 pull

100 kick

400 IM drill - kick - drill - swim by 25

800 yards

800 cumulative yards

8 x 50's pull @ base +:10 or :10 rest

Distance per cycle/breath control

3, 5, 7, 9 breaths per 50 twice

400 yards

1200 cumulative yard

Main Set(s):

8 x 25's dolphin kick @ :30 or :10 rest

Odds underwater on stomach

Evens 7-9 kicks underwater on back

4 x 50's fly/back @ base +:10 or :10 rest

100 pull

500 yards

1700 cumulative yards

8 x 25's flutter kick only @ :35 or :10 rest

Odds streamline

Even on back no dolphin kick

4 x 50's back/breast @ base +:10 or :10 rest

100 pull

500 yards

2200 cumulative yards

8 x 25's breaststroke kick @ :40 or :10 rest

4 x 50's free/breast @ base +:05 or :10 rest

100 pull

500 yards
2700 cumulative yards

100 IM best effort

100 yards
2800 cumulative yards

100 loosen easy

100 yards
2900 cumulative yards