

Kiefer Weekly Swim Workout - Short

June 10, 2018

Workout #2

Focus: Freestyle Threshold.

Warm Up:

200 swim

100 kick

100 pull

400 yards

400 cumulative yards

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

Odds build

Even distance per cycle

400 yards

800 cumulative yards

Main Set:

6 x 50's @ base or :10 rest

300 yards

1100 cumulative yards

4x

100 pull @ base + :20 or :15 rest

50 drill (IM order) @ base +:10 or :10 rest

600 yards

1700 cumulative yards

6 x 50's @ base -:05 or :05 rest

300 yards

2000 cumulative yards

8 x 50's with fins @ base +:20 or :20 rest

Odds free

Even fly

400 yards

2400 cumulative yards

200 easy loosen

200 yards

2600 cumulative yards

Dive 50 fast for time

50 yards

2650 cumulative yards

200 easy loosen

200 yards

2850 cumulative yards