

Kiefer Weekly Swim Workout - Short

June 17, 2018

Workout #3

Focus: Aerobic Free.

Warm Up:

200 swim

100 pull

200 IM kick-drill

4 x 50's kick @ base +:15 or :10 rest

Odds easy

Evens fast

700 yards

700 cumulative yards

Main Set:

2 x 75's free @ base +:05 or :10 rest

Build by 25

150 yards

950 cumulative yards

2 x 150's @ base +:15 or :10 rest

50 free - 50 kick - 50 free

300 yards

1250 cumulative yards

3 x 300's free

1 - base +:10 or :10 rest

2 - base +:05 or :10 rest

3 - base or :05 rest

900 yards

2150 cumulative yards

2 x 150's @ base +:20 Or :10 rest

50 kick - 50 free - 50 kick

300 yards

2450 cumulative yards

2 x 75's free @ :10 rest

Perfect technique loosen

150 yards

2600 cumulative yards