

# **Kiefer Weekly Swim Workout - Short**

June 24, 2018

## **Workout #4**

Focus: Threshold Medley

### **Warm Up:**

**200 free**

**100 IM kick**

**100 IM drill**

**200 pull**

**600 yards**

**600 cumulative yards**

### **Main Set:**

**16 x 25's @ base +:10 or :10 rest**

**4 @ each stroke**

**1- drill**

**2- kick**

**3 - drill**

**4 - build**

**400 yards**

**1000 cumulative yards**

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

**75 free/25 fly**

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

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

**75 free/25 back**

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

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

**75 free/25 breast**

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

**1200 yards**

**2200 cumulative yards**

**200 pull relax distance per cycle**

**200 yards**

**2400 cumulative yards**

**200 IM Best Effort**

**200 yards**  
**2600 cumulative yards**

**200 loosen choice**  
**2800 cumulative yards**