

Kiefer Weekly Swim Workout - Short

June 3, 2018

Workout #1

Focus: Distance.

Warm Up:

200 swim

100 kick

100 pull

400 yards

400 cumulative yards

20 x 25's @ base +:05 or :10 rest

1 - underwater flutter kick only in a streamline

2- right arm only

3 - left arm only

4 - perfect stroke

500 yards

900 cumulative yards

3 x 300's @ base +:10 or :20 rest

Descend 1-3

900 yards

1800 cumulative yards

4 x 200's @ base or :10 rest

800 yards

2600 cumulative yards

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

25 back/25 free try to match cycle count

300 yards

2900 cumulative yards

100 loosen your choice

100 yards

3000 cumulative yards