

## **Kiefer Weekly Swim Workout - Short**

July 15, 2018

### **Workout #3**

Focus: Secondary.

#### **Warm Up:**

**100 free**

**100 secondary kick**

**100 secondary drill**

**100 pool**

**400 yards**

**400 cumulative yards**

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

**1 - secondary drill**

**2 - secondary kick**

**3 - secondary drill**

**4 - secondary build**

**500 yards**

**900 cumulative yards**

#### **Main Set:**

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

**All secondary**

**100 pull recover**

**4 x 50's @ base +:05 or :10 rest**

**All secondary**

**100 pull recover**

**4 x 50's @ base or :05 rest**

**All secondary**

**100 pull recover**

**900 yards**

**1800 cumulative yards**

**4 x 100's secondary kick @ base +:20 (for fins) +:40 (for breast) or :15 rest  
(fins on if doing fly or back)**

**Rotate fast 25's**

**1 - 25 fast, 75 easy**

**2 - 25 easy, 25 fast, 50 easy**

**3 - 50 easy, 25 fast, 25 easy**

**4 - 75 easy, 25 fast**

**400 yards**  
**2200 cumulative yards**

**2x**  
**4 x 25's @ :10 rest**  
**Secondary SPRINT**  
**100 easy**

**400 yards**  
**2600 cumulative yards**

**200 easy choice**

**200 yards**  
**2800 cumulative yards**