

Kiefer Weekly Swim Workout - Short

July 22, 2018

Workout #4

Focus: Mid-Distance Free.

Warm Up:

200 swim

100 pull

100 kick

400 yards

400 cumulative yards

8x 50's @ base +:15 or :10 rest

Odd: kick/drill

Even: drill/swim

400 yards

800 cumulative yards

Main Set:

2x

100 free @ base +:10 or :10 rest

100 IM @ base +:15 or :15 rest

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

800 yards

1600 cumulative yards

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

300 yards

1900 cumulative yards

9 x (pick one of the following options)

150's @ base +:10 or :10 rest

100's @ base +:05 or :05 rest

50's @ base +:05 or :05 rest

1450/900/450 yards

3350/2800/2350

200 loosen

200 yards

3550/3000/2550 cumulative yards