

Kiefer Weekly Swim Workout - Short

July 29, 2018

Workout #5

Focus: Mid Distance.

Warm Up:

200 swim

100 kick

200 pull

100 kick

600 yards

600 cumulative yards

20 x 25's @ :30 or :10 rest

Fins on

5 underwater dolphin kick on your side

5 underwater dolphin kick on your back

Take an extra :30 rest after each set of five

500 yards

1100 cumulative yards

6x

100

Round one and two @ base +:05 or :15 rest

Round three and four @ base or :10 rest

Round five and six @ base -:05 or :05 rest

2 x 25's @ base +:10 or :10 rest

1 easy

1 FAST

900 yards

2000 cumulative yards

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

25 free/25 back

Match your cycles

400 yards

2400 cumulative yards

4 x 100's fin kick all flutter @ base +:10 or :10 rest

400 yards

2800 cumulative yards

200 loosen

200 yards

3000 cumulative yards