

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

July 8, 2018

### **Workout #2**

Focus: Set your base.

#### **Warm Up:**

**100 swim**

**100 kick**

**100 pull**

**100 swim**

**400 yards**

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

**1 - half fast, half easy**

**2 - half easy, half fast**

**3 - all easy**

**4 - all fast**

**600 yards**

**1000 cumulative yards**

#### **Main Set:**

**Either 600 or 1000 yards/meters to set your base. No rest, swim the distance straight at best effort.**

**Take your final time and divide by the number of 100's you swam. So either by 10 or 15.**

#### **Example:**

**1000 meters/yards in 10:00 would mean your base is 1:00 per 100.**

**600-1000 yards**

**1600-2000 cumulative yards**

**8 x 100's @ :15 rest**

**50 kick (build), 50 swim**

**800 yards**

**2400-2800 cumulative yards**

**200 loosen**

**200 yards**

**2600-3000 cumulative yards**