

Kiefer Weekly Swim Workout - Short

August 12, 2018

Workout #2

Focus: Leg power.

Warm Up:

100 free
100 kick
100 IM drill
100 pull

400 yards
400 cumulative yards

20 x 25's @ :05-:10 rest
5 dolphin kick underwater
5 - right arm only butterfly
5- left arm only butterfly
5 - doubles butterfly

500 yards
900 cumulative yards

4 x 100 IM's @ base +:15 or :10 rest
Butterfly underwater, backstroke perfect technique, breast one breath no breath,
freestyle overkick sprint

400 yards
1300 cumulative yards

12 x 50's pull breath control
3 x 50's w/ 5-7 breaths @ base
3 x 50's w/4-6 breaths @ base +:05
3 x 50's w/3-5 breaths @ base +:10
3 x 50's w/2-4 breaths @ base +:15

Pick a starting number and hold those breaths by rounds of 3

600 yards
1900 cumulative yards

6 x 150's
1-3 @ base +:10
50 swim, 50 kick, 50 swim
Descend 1-3

4-6 @ base +:15
50 kick, 50 swim, 50 kick
Descend 1-3

900 yards

2800 cumulative yards

200 loosen choice

200 yards

3000 cumulative yards