

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

August 26, 2018

**Workout #**

**Focus: LEGS!**

**Warm Up:**

**200 free**

**200 yards**

**200 cumulative yard**

**20 x 25's @ :05-:10 rest**

**1 - one stroke butterfly, one stroke breaststroke**

**2 - free**

**3 - One breath no breath breaststroke**

**4 - free**

**500 yards**

**700 cumulative yards**

**4 x 75's @ base +:15 or :10 rest**

**50 free/25 secondary kick**

**Descend 1-4**

**300 yards**

**1000 cumulative yards**

**Fins on!**

**500 fin kick for time, no arms!**

**500 yards**

**1500 cumulative yards**

**200 pull @ base +:15 or :10 rest**

**4 x 50's secondary descend 1-3 and hold on four @ base +:15 or :15 rest**

**100 IM FAST @ 3:00**

**500 yards**

**2000 cumulative yards**

**6 x 50's breaststroke kick @ base +:20 or :10 rest**

**300 yards**

**2300 cumulative yard**

**100 secondary fast, from a block if possible, no interval**

**100 yards**

**2400 cumulative yards**

**8 x 50's fins and paddles @ base +:10 or :10 rest**  
**Long and loosen**

**400 yards**  
**2800 cumulative yards**