

Kiefer Weekly Swim Workout - Short

September 16, 2018

Workout #

Focus: All the free!

Warm Up

200 free

100 pull

100 kick

500 yards

500 cumulative yards

20 x 25's variable sprint pattern @ :30 or :10 rest

500 yards

1000 cumulative yards

6 x 100's free (if you haven't set your base, why not!?)

2 @ base +:10 or :15 rest

2 @ base +:05 Or :10 rest

2 @ base or :05 rest

600 yards

1600 cumulative yards

2x

100 drill @ :15 rest

-25 surf kick, 25 right arm only, 25 left arm only, 25 perfect

50 relaxed perfect @ :10 rest

50 FAST @:30 rest

400 yards

2000 cumulative yards

4 x 125's @ base +:10

100 free

25 secondary non free FAST

500 yards

2500 cumulative yards

2 x 125's @ base +:05

100 free

25 secondary FAST

250 yards

2750 cumulative yards

150 loosen

150 yards
2900 cumulative yards