

# **Kiefer Weekly Swim Workout - Short**

September 20, 2018

Workout #

Focus: Secondary

## **Warm Up**

**200 free**

**200 IM kick drill**

**200 pull**

**600 yards**

**600 cumulative yards**

**16 x 25's @ :10 rest**

**4 - breast kick on back hands at your side, knees stay under**

**4 - dolphin kick with a board, straight arms, head in water, hands rest on top of board, no gripping**

**4 - freestyle swim descend 1-4**

**4 - secondary swim descend 1-4**

**400 yards**

**1000 cumulative yards**

## **Secondary Split:**

**Fly/Back**

**12 x 75's w/ fins @ base +:10 or :10 rest**

**1 - secondary swim, free, underwater (by 25)**

**2 - free, underwater, secondary**

**3 - underwater, secondary, free**

**900 yards**

**1900 cumulative yards**

## **Breaststroke**

**9 x 75's @ base +:20 or :15 rest**

**1 - breast, free, underwater pullouts**

**2 - free, underwater pullouts, breast**

**3 - underwater pullouts, breast, free**

**675 yards + 25 easy**

**1700 cumulative yards**

## **Back all together:**

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

**Breathing every five strokes**

**400 yards**

**2300/2100 cumulative yards**

**4 x 150's @ base +:20 or :15 rest**

**50 free - 50 kick - 50 secondary**  
**Cruise free, build your kick, and perfect secondary**

**600 yards**  
**2900/2700 cumulative yards**

**200 loosen choice**

**200 yards**  
**3100/2900 cumulative yards**