

Kiefer Weekly Swim Workout - Short

September 27, 2018

Workout #

Focus: Mid distance heart rate

Warm Up

100 swim

100 kick

100 pull

300 yards

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

25 kick - 50 swim

600 yards

900 cumulative yards

10 x 100's

75 free - 25 secondary

1-4 @ base +:10 or :15 rest

5-7 @ base +:05 or :10 rest

8 & 9 @ base or :05 rest

10 @ base -:05

1000 yards

1900 cumulative yards

2 x 200's pull @ base +:15 or :20 rest

400 yards

2300 cumulative yards

Alright, biggest effort of the workout, fins on.

500 fin kick for time, no board. Excellent underwaters please! Be aggressive!

500 yards

2800 cumulative yards

200 loosen your choice

3000 cumulative yards