

Kiefer Weekly Swim Workout - Short

September 9, 2018

Workout #

Focus: Secondary/IM

Warm Up

300 free

100 kick

100 pull

500 yards

500 cumulative yards

20 x 25's w/paddles @ :05-:10 rest

Free, back, free, breast by 25

500 yards

1000 cumulative yards

10 x 50's @ base or :10 rest

Odds secondary build

Evens free recover

500 yards

1500 cumulative yards

100 pull @ base +:10 or :10 rest

5 x 25's @ base +:10 or :10 rest

2 fly, 1 back, 1 breast, 1 free

225 yards

1725 cumulative yards

100 pull @ base +:10 or :10 rest

5 x 25's @ base +:05 or :05 rest

225 yards

1950 cumulative yards

100 pull @ :30 rest

125 IM FAST for time (double the breast)

2250 yards

2175 cumulative yards

25 easy to get back to the wall

25 yards

2200 cumulative yards

***Fins on
500 streamline flutter kick for time***

***500 yards
2700 cumulative yards***

200 choice loosen

***200 yards
2900 cumulative yards***