

Kiefer Weekly Swim Workout - Short

January 2, 2019

Workout #1

Focus: Resetting for the New Year.

If you haven't ever set your base interval before, what better time to start than now! If you have done this before, re-evaluating is NEVER a bad idea.

Warm Up

100 free

100 kick

200 yards

200 cumulative yards

20 x 25's @ :10 rest

1 - right arm only free

2 - left arm only free

3 - three stroke 10 kick switch

4 - perfect technique

5 - build to fast

500 yards

700 cumulative yards

Pick your distance to set your base by 100.

1000 or 2000 yards for time. It should be hard, uncomfortable. This is not a 'cruise' swim. This is to help you train better the rest of the season and if you don't push your effort the benefits of this training tool will be lost. The 2000 will give you a more accurate time than the 1000 to use over the season.

If you do a 2000, divide your final time by 20 to get your 100 base. If you do a 1000 divide your final time by 10 to get your base. For example if I did my 2000 in 25 minutes my base time is 1:15.

1000/2000 yards

1700/2700 cumulative yards

Warm down a 300 alternating 50 back 50 kick

300 yards

2000/3000 cumulative yards