

# Kiefer Weekly Swim Workout - Short

## Workout #4

January 23, 2019

Focus:

200 swim  
100 pull  
100 kick

400 yards  
400 cumulative yards

10 x 50's @ base +:10 or :10 rest  
Odds free/back by 25  
Evens underwater breaststroke pull outs down/free back

500 yards  
900 cumulative yards

4 x 25's secondary drill (your best non free stroke) @ :10 rest  
4 x 50's secondary kick @ base +:15 or :10 rest  
4 x 100's @ base  
75 free, 25 secondary

700 yards  
1600 cumulative yards

2x  
2 x 125's @ base +:20 or :15 rest  
1 - fast IM double up your secondary  
2 - easy free  
4 x 50's kick @ base +:20 or :15 rest all FAST  
4 x 25's @ :10 rest fast down, easy back

1100 yards  
2700 cumulative yards

100 easy loosen

100 yards  
2800 cumulative yards