

## Kiefer Weekly Swim Workout - Short Workout #2

January 9, 2019

Focus: Breaststroke.

200 free  
100 IM drill  
100 IM kick

400 yards  
400 cumulative yards

20 x 25's @ :45 or :15 rest  
1 - breast kick on back  
2 - scull no kick  
3 - underwater repeating pullouts  
4 - one pull 2 kick  
5 - one breath no breath

500 yards  
900 cumulative yards

12 x 50's kick @ base +:30 or :15 rest  
3 flutter (first 25 kick underwater flutter with a board as far as you can, coast the rest)  
3 breast kick

600 yards  
1500 cumulative yards

4 x 125's @ base descend 1-3, meet or beat on 4 all free

500 yards  
2000 cumulative yards

4 x 75's pull @ base :10 or :10 rest  
Breath control  
1 - breath every 3  
2 - breath every 5  
3 - breath every 7  
4 - breath every 9

300 yards  
2300 cumulative yards

Broken 100 breast for time, 10 seconds rest between distances  
25 - 50 - 25

Subtract :20 from your total time  
100 yards  
2400 cumulative yards

200 loosen choice  
2600 cumulative yards