

## **Kiefer Weekly Swim Workout – Short**

October 1, 2019

### **Warm Up:**

**100 Free**

**100 backstroke**

**200 yards**

**200 cumulative yards**

**3 x 150's @ :30 rest**

**1 - 50 free/50 dolphin kick/50 free**

**2 - 50 free/50 flutter kick/50 free**

**3 - 50 free/50 breast kick/50 free**

**450 yards**

**650 cumulative yards**

**200 IM Fast kick for time**

**50 easy choice**

**250 yards**

**900 cumulative yards**

**100 backstroke swim**