

Kiefer Weekly Swim Workout - Short

Workout #8

February 21, 2019

Focus: Meet Prep

You may of course use your own standard meet warm up, this is mine. The goal is to be ready to get up and go following its completion.

300 free
200 drill
100 kick
400 IM drill, kick, drill, swim by 25

1000 yards
100 cumulative yards

5 x 50's @ :15 rest
1 - 80% effort
2 - 90% effort
3 - 100% effort
4 - 80% effort
5 - easy

250 yards
1250 cumulative yards

Your choice of distance and stroke fast for time, off the blocks if possible.

Then the workout continues afterward.....

500 every fourth 25 fast secondary non free

500 yards
1750 cumulative yards

200 pull easy

200 yards
1950 cumulative yards

500 x 100's with fins @ base -:10
50 kick 50 swim

500 yards
2450 cumulative yards

200 pull easy

2650 cumulative yards

4 x 50's @ :30 rest, get moving!

Odds fast
Evens easy

200 yards
2850 cumulative yards

150 easy pull choice

1500 yards
3000 cumulative yards