

Kiefer Weekly Swim Workout - Short Workout #9

February 28, 2019

Focus: Weak stroke

200 free
100 IM kick
100 pull

400 yards
400 cumulative yards

20 x 25's @ base +:05 or :10 rest
All weak stroke
1 - kick
2 & 3 - drill
4 - build

500 yards
900 cumulative yards

6 x 100's @ base or :10 rest
75 free/25 weak stroke

600 yards
1500 cumulative yards

200 pull @ base +:10 or :15 rest
3 x 100's free descend 1-3 @ base or :10 rest
4 x 50's weak kick, easy down, fast back @ base +:15 or :10 rest

700 yards
2200 cumulative yards

12 x 25's @ :10 rest
Odds FAST weak stroke
Even's easy choice

300 yards
2500 cumulative yards

200 easy choice

200 yards
2700 cumulative yards