

## Kiefer Weekly Swim Workout - Short

February 7, 2019

### Workout #

Focus:

#### Warm Up:

500 every fourth 25 non freestyle

500 yards

500 cumulative yards

12 x 50's kick @ base +:30 or :10 rest

Odds flutter kick

Evens choice

600 yards

1100 cumulative yards

Descending Interval 50's:

12 x 50's

2 - base +:10

2 - base +:05

2 - base

2 - base -:05

2 - base -:10

If you aren't using an interval base do them all on :10 rest and try to descend your effort by sets of two.

600 yards

1700 cumulative yards

3 x 100's @ base /:10 rest

2 x 200's @ base -:05/:10 rest

1 x 300's fast best effort

1000 yards

2700 cumulative yards

200 easy pull

200 yards

2900 cumulative yards