

Kiefer Weekly Swim Workout - Short

March 12, 2019

Workout #11

Focus: Backstroke

200 swim
100 kick
200 pull (every fourth 25 backstroke)

500 yards
500 cumulative yards

20 x 25's fins on @ base or :10 rest

2 x

4 x 25's underwater dolphin kick

1 x 25 easy choice

4 x 25's underwater flutter kick

1 25 easy choice

500 yards
1000 cumulative yards

2x

4 x 50's @ base +:10 or :10 rest

25 right arm only backstroke, 25 left arm only backstroke

2 x 150's @ base (50 free, 50 kick, 50 free)

1000 yards
2000 cumulative yards

500 for time
75 backstroke, 25 fly or breast

500 yards
2500 cumulative yards

200 easy

200 yards
2700 cumulative yards