

Kiefer Weekly Swim Workout - Short

March 20, 2019

Workout #12

Focus: Legs!!!

100 swim
100 flutter kick
100 pull
100 flutter kick
100 IM drill
100 choice kick

600 yards
600 cumulative yards

4 x 100's @ base +:20 or :10 rest
50 kick, 50 swim

400 yards
1000 cumulative yards

2x
4 x 50's kick FAST @ base +:20 or :10 rest
200 easy pull
4 x 50's swim FAST @ base +:10 or :10 rest
200 easy pull

1600 yards
2600 cumulative yards

100 easy loosen

100 yards
2700 cumulative yards