

Kiefer Weekly Swim Workout - Short

March 27, 2019

Workout #13

Focus: Flip turns and finishes

200 free

Underwater turns at 25 and 75. Normal turns for 50 and 100.

100 kick your choice

100 backstroke pull

400 yards

400 cumulative yards

16 x 50's @ base with fins

Kick hands at your side on your belly, no strokes at all. You may push off in a streamline and drop your hands. Work your turn with no arm generated momentum, legs and core only.

800 yards

1200 cumulative yards

2x

2x50's @ :15 rest flip turn every five strokes (not cycles) don't breathe in or out of your flip

4 x 25's @ :10 rest

1 - fast finish

2 - fast finish

3 - easy

4 - 25 fast!

400 yards

1600 cumulative yards

Everything on the same interval, challenge yourself! The 25 is recovery, the 75 should be extremely hard, you should not be getting more than a few seconds rest if any. For example I now do this set with everything on :50 which for me is base +:15 (roughly, works out for the 50)

2x

25

50

75

300 yards

1900 cumulative yards

200 easy pull

200 yards

2100 cumulative yards

In and Outs:

Dive a fast 12.5 and stop to reset

From the 12.5 take a fast turn and breakout, returning to wear you started, at the 12.5

Finally from the 12.5 again take a fast finish back to the wall you started on.

Repeat 10 times odds free, even's back. Take about 10-15 seconds rest at each break

500 yards
2600 cumulative yards

200 easy loosen

200 yards
2800 cumulative yards