

## **Kiefer Weekly Swim Workout - Short Workout #14**

April 2, 2019

Focus: Check you base

We try to do this two to three times a year. Early short course and late, and at some point during the summer in long course.

200 freestyle swim  
100 freestyle drill  
400 IM drill - kick - drill - swim by 25

700 yards  
700 cumulative yards

10 x 50's @ base +:10  
2 - 70% effort  
2 - 80% effort  
1 - 90% effort  
1 - 100% effort  
2 - 80% effort  
2 - 70% effort

500 yards  
1200 cumulative yards

Timed swim for base setting:  
1000-2000 freestyle for time

Divide your final time by your distance to get your base. For example if you do a 2000 in 25 minutes your base will be roughly 1:15

1000-2000 yards  
2200/3200 cumulative yards

200 loosen

200 yards  
2400/3400 cumulative yards