

# Kiefer Weekly Swim Workout - Short

## Workout #18

April 30, 2019

Focus:

### Warm Up

100 swim  
100 back  
100 pull  
100 back pull  
100 kick

500 yards  
500 cumulative yards

20 x 25's @ base :05 or :10 rest

One round of each stroke

Drill

Kick

Drill

Perfect

FAST

500 yards  
1000 cumulative yards

3 x 150's @ base

50 back

50 kick

50 back

100 pull

3 x 150's @ base

50 kick

50 back

50 kick

100 pull

1100 yards  
2100 cumulative yards

2 x 100's @ :10 rest

1-100 breaststroke kick

2- scull

4 x 50's breaststroke swim @ base

400 yards  
2500 cumulative yards

Fins on

10 x 25's @ base

4 underwater dolphin kick

1 recover

4 underwater flutter kick only

1 recover

250 yards

2750 cumulative yards

200 easy choice

200 yards

2950 cumulative yards