

## Kiefer Weekly Swim Workout - Short

April 9, 2019

### Workout #15

Focus: Open Turns

200 free  
200 IM drill - kick  
200 pull

600 yards  
600 cumulative yards

8 x 75's @ base +:15

Rotating IM-ish. All 50's kick to swim. Focus on your transitional turns when switching strokes at the 50.

1 - 50 fly, 25 back  
2 - 50 back, 25 breast  
3 - 50 breast, 25 free  
4 - 75 free

600 yards  
1200 cumulative yards

8 x 125's @ base  
Odds free  
Even's IM double your secondary non free

1000 yards  
2200 cumulative yards

In and Outs! We did this a few weeks back when we were working on freestyle and backstroke flip turns. This time just fly and breast to work our open turns.

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 breast, even's fly. Take about 10-15 seconds rest at each break

500 yards  
2700 cumulative yards

200 pull loosen

200 yards  
2900 cumulative yards