

# Kiefer Weekly Swim Workout - Short Workout #20

May 15, 2019

## Warm Up

200 swim  
100 kick  
200 IM drill  
100 pull

600 yards  
600 cumulative yards

20 x 25's variable sprint pattern @ base or :10 rest  
Odd rounds free  
Even rounds secondary non free

500 yards  
1100 cumulative yards

12 x 50's pull breath control  
3 - with 5 breaths @ base -:05 or :05 rest  
3 - with 4 breaths @ base or :05 rest  
3 - with 3 breaths @ base +:05 or :10 rest  
3 - with 2 breaths @ base +:10 or :15 rest

Start with a number of breaths you can work with, this is just a pattern example.

600 yards  
1700 cumulative yards

Your choice: 8 x 100's or 1 x 800  
Regardless of your choice the entire set is 75 freestyle/25 secondary FAST  
If you are doing 100's the interval is base -:05 or :10 rest  
If you are doing the 1000 the 75 free isn't easy, 80% effort

800 yards  
2500 cumulative yards

100 easy pull

100 yards  
2600 cumulative yards

4 x 75's kick build to fast @ base +:20

300 yards  
2900 cumulative yards

100 easy loosen

100 yards  
3000 cumulative yards