

Kiefer Weekly Swim Workout - Short Workout #21

May 22, 2019

Warm Up

100 free
100 dolphin kick
100 free
100 flutter kick
100 free
100 breast kick

600 yards
600 cumulative yards

3x
4 x 25's underwater dolphin kick @:30 or :10 rest
1 x 50 FAST @ base or :10 rest
1 x 50 easy @ base or :10 rest

600 yards
1200 cumulative yards

200 easy pull
75 free/25 back

200 yards
1400 cumulative yards

2x
2 x 100's @ base
1 x 125 @ the same interval as the 100's
(for example if your base is 1:30 you do the 100's and the 125's on 1:30)

650 yards
2050 cumulative yards

4 x 25's scull @:10 rest
4 x 50's breaststroke @ base +:10 or :10 rest

4 x 25's scull @ :10 rest
4 x 50's backstroke @ base or :10 rest

600 yards
2650 cumulative yards

200 choice loosen

200 yards

2850 cumulative yards