

Kiefer Weekly Swim Workout - Short Workout #19

May 7, 2019

Warm Up

100 swim
100 dolphin kick
100 swim
100 flutter kick
100 swim
100 breaststroke kick

600 yards
600 cumulative yards

8 x 75's @ base +:10 or :10 rest
25 kick/drill/swim 2 @ each stroke

600 yards
1200 cumulative yards

2 x 100 IM's @ base
4 x 50's dolphin kick @ base +:15
Descend 1-4

2 x 100 IM's @ base
4 x 50's flutter kick @ base +:15
Descend 1-4

2 x 100 IM's @ base
4 x 50's breaststroke kick @ base +:15
Descend 1-4

1200 yards
2400 cumulative yards

2 x 200's pull @ base
75 free/25 back

400 yards
2800 cumulative yards

200 loosen

200 yards
3000 cumulative yards