

**Kiefer Weekly Swim Workout - Short
Workout #24**

June 11, 2019

Warm Up

100 free
100 dolphin kick
100 back
100 flutter kick
100 pull
100 breaststroke kick

600 yards
600 cumulative yards

8 x 150's pull
50 free - 50 back - 50 free
2 @ base +:10 or :10 rest
2 @ base +:05 or :05 rest
2 @ base or :10 rest
2 @ base -:05 or :05 rest

1200 yards
1800 cumulative yards

16 x 25's @ :10 rest
4 @ each stroke
Drill - kick - drill - swim by 25

400 yards
2200 cumulative yards

4 x 50's breaststroke kick @ base +:20
4 x 50's breaststroke swim @ base +:10
Pull 1-3 and descend #4 no gear FAST

2 x 50's breaststroke kick @ base +:20
2 x 50's breaststroke swim @ base +:10
Pull #1 and #2 no gear FAST

600 yards
2800 cumulative yards

8 x 25's @ :10 rest
Odds easy free
Evens FAST secondary

200 yards
300 cumulative yards

200 loosen choice

200 yards

3200 cumulative yards