

**Kiefer Weekly Swim Workout - Short
Workout #25**

June 18, 2019

Warm Up

**200 swim
100 pull
200 IM kick
100 pull**

**600 yards
600 cumulative yards**

**8 x 100's @ base +:10 or :15 rest
50 kick/50 swim**

**800 yards
1400 cumulative yards**

**8 x 100's @ base or :15 rest
Odds IM (descend the IM's 1-4)
Evens free**

**800 yards
2200 cumulative yards**

**20 x 25's @ :10 rest
Fins on
4 underwater dolphin kick
1 easy choice
4 underwater flutter kick only (no dolphin)
1 easy choice**

**500 yards
2700 cumulative yards**

200 easy recover

**200 yards
2900 cumulative yards**