

**Kiefer Weekly Swim Workout - Short
Workout #37**

September 21, 2019

Warm Up:

2x

100 free

50 back

50 breast

400 yards

400 cumulative yards

3 x 100 IM's @ :15 rest

1 - kick

2 - drill

3 - swim

300 yards

700 cumulative yards

1 x 500 broken (take 20 seconds between distances and subtract from your final time)

200 IM

100 Back

100 IM

100 Breast

500 yards

1300 cumulative yards

Fins on! Everything is on base or :10 rest

2x

150 - 100 kick/50 swim

100 - 50 kick/50 swim

50 - 25 SPRINT/25 easy

600 yards

1900 cumulative yards

2x

100 pull @ base +:10 or :10 rest

100 loosen relax @ :30 rest

100 FAST @ :30

600 yards

2500 cumulative yards

200 loosen choice

200 yards

2700 cumulative yards