

## **Kiefer Weekly Swim Workout – Short**

January 1, 2020

### **Warm Up:**

**200 swim**

**100 pull**

**100 kick**

**400 yards**

**400 cumulative yards**

**2 x**

**50's on a descending interval. Start @ base + :10 and drop :05 each 50. Or :10 rest**

**1 - 25 kick/25 free**

**2 - 25 drill/25 free**

**3 - 25 stroke/25 free**

**4 - 50 pull breath every 3**

**5 - make the interval**

**500 yards**

**900 cumulative yards**

**2 x**

**200 free swim**

**200 IM kick**

**4 x 25's**

**4 x 25's**

**200 free swim = distance per cycle, 200 IM kick = fast for time, 4 x 25's recover, second round of 4 x 25's fast for time secondary.**

**1200 yards**

**2100 cumulative yards**

**8 x 75's pull @ base + :10 or 10 rest**

**600 yards**

**2700 cumulative yards**

**100 loosen choice**

**100 yards**

**2800 cumulative yards**