

## Kiefer Weekly Swim Workout – Short

January 22, 2020

### **200 Freestyle Swim**

**6 x 50's @ :10 rest #1 kick, #2 scull/free, #3 drill/swim non free  
500 yards**

#### **Main set:**

**2 x**

**300 pull work on high elbows and distance per cycle**

**3 x 100 IM's @ base +:10 or :15 rest**

**Descend 1-3**

**Bonus :30 rest**

**100 FAST non-free**

**1400 yards**

**1900 cumulative yards**

**16 x 25's @ base +:05 or :10 rest**

**4 of each stroke**

**#1 drill, #2 kick fast, #3 drill, #4 sprint swim**

**400 yards**

**2300 cumulative yards**

**200 IM Negative Split 50's**

**(Second 25 of stroke faster than the first 50)**

**200 yards**

**2500 cumulative yards**

**200 loosen your choice**

**200 yards**

**2700 cumulative yards**