

## Kiefer Weekly Swim Workout – Short

January 8, 2020

### **Warm Up:**

200 free

300 IM - 25 kick/25 drill/25 swim of each stroke

4 x 25 – one of each stroke, build to a fast finish

**600 yards**

**600 cumulative yards**

### **Main:**

2 x 50 fly kick on back @ base +:15 or :10 rest

2 x 100 75 free build/25 fly hard @ base or :10 rest

2 x 50 flutter kick - @ base +:15 or :10 rest

2 x 100 50 free moderate/50 back hard @ base +:10 or :10 rest

2 x 50 breast kick with board @ base +:20 or :10 rest

2 x 100 = 50 free build/50 breast hard @ base +:10 or :10 rest

2 x 50 flutter kick with board @ base +:15 or :10 rest

2 x 100 free hard @ base -:05 or :05 rest

**1200 yards**

**1800 cumulative yards**

200 pull snorkel optional

100 scull snorkel optional

**300 yards**

**2100 cumulative yards**

8 x 25 swim descend 1-4 three times your choice of stroke @ :10 rest

**200 yards**

**2300 cumulative yards**

100 easy

**100 yards**

**2400 cumulative yards**