

Kiefer Weekly Swim Workout - Short

February 15, 2020

75 free
25 flutter kick no board
75 back
25 dolphin kick no board
75 free
25 breaststroke kick no board

300 yards
300 cumulative yards

4 x 25's mummy drill @ :10 rest
4 x 25's @ :15 rest
1 - breaststroke swim
2 - distance per cycle
3- build
4 - fast

4 x 25's dolphin kick with a board (hands at the bottom, face in the water, straight arms)
@ :10 rest
4 x 25's fly @ :15 rest
1 - right arm only
2- left arm only
3 - doubles
4 - build

400 yards
700 cumulative yards

4 x 50's kick with fins @ base +:15 or :15 rest
Odds - underwater dolphin kick down, easy free back
Evens - easy back down, underwater on your back back

200 yards
900 cumulative yards

100 choice recover/warm down

100 yards
1000 cumulative yards