

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

February 15, 2020

*100 swim  
100 flutter kick  
100 swim  
100 dolphin kick  
100 swim  
100 breaststroke kick*

*600 yards  
600 cumulative yards*

*4 x 25's mummy drill @ :10 rest  
4 x 50's breaststroke swim, DPC down, build back @ base +:15 or :15 rest*

*4 x 25's dolphin kick with a board (hands at the bottom, face in the water, straight arms)  
@ :10 rest  
4 x 50's fly drill down, build back @ base +:15 or :15 rest*

*600 yards  
1200 cumulative yards*

*4 x 100's free (pull optional) Descend 2-4 @ base +:15 or :20 rest  
1 - distance per cycle  
2-4 descend, heart rate should START no lower than 150*

*400 yards  
1600 cumulative yards*

*10 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*

*500 yards  
2100 cumulative yards*

*6 x 100's @ base +:10 or :10 rest  
1-4 descend to fast  
5 easy recover  
6 faster than 4*

*600 yards  
2700 cumulative yards*

*200 choice recover/warm down*



**200 yards**  
**2900 cumulative yards**