

Kiefer Weekly Swim Workout – Short

February 8, 2020

200 swim

200 kick

200 pull

600 yards

600 cumulative yards

4 x 25's variable sprint pattern @ base or :10 rest

4 x 50's kick descend 1-4 @ base +:30 or :15 rest

2 x 100's build to fast finish @ base +:10 or :15 rest

500 yards

1100 cumulative yards

Main Set:

Everything negative split, so the second half faster than the first half. This doesn't mean you go easy, then fast. I want your heart rate in the 140-150 zone and then 150+ for the second half, none of this should be easy cruising unless it says exactly that.

2 x 100's backstroke @ base +:15 or :10 rest

200 pull @ base +:10 or :15 rest

100 easy cruise

200 freestyle @ base +:10 or :15 rest

100 easy cruise

2 x 100's kick @ base +:30 or :10 rest

200 pull @ base +:10 or :15 rest

100 easy cruise

1300 yards

2400 cumulative yards

20 x 25's weak stroke @ base +:10 or :10 rest

1 - drill

2 - kick

3 - drill

4 - swim build

500 yards

2900 cumulative yards

100 easy

100 yards

3000 cumulative yards