

Kiefer Weekly Swim Workout- Short
Workout #26

June 25, 2019

Warm Up

200 swim

200 dolphin kick

200 pull

200 dolphin kick

800 yards

800 cumulative yards

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

1-5 dolphin kick with a board, hands resting on the bottom, face in the water

6-10 doubles (2 right arm, 2 left arm, 2 both)

11-15 one stroke butterfly, one stroke breast

16-20 perfect butterfly

500 yards

1300 cumulative yards

1000 every 4th 25 fly, fast for time!

1000 yards

2300 cumulative yards

2x

200 pull @ :10 rest

100 scull @ :10 rest

600 yards

2900 cumulative yards

20 x 25's with fins, 4 round of 5 @ :10 rest

1-4 underwater dolphin kick

5 recover easy

500 yards

3400 cumulative yards

2x

100 pull @ :10 rest

100 scull @ :10 rest

400 yards

3800 cumulative yards

8 x 25's on your choice send off, best average butterfly

200 yards

200 yards

4000 cumulative yards

200 easy choice

200 yards

4200 cumulative yards