

Kiefer Weekly Swim Workout - Short

October 18, 2018

Workout #3

Focus: Secondary.

Warm Up

200 swim

100 pull

100 kick

400 yards

400 cumulative yards

16 x 25's Variable sprint pattern @ :30 or :10 rest

1 - open

2 - close

3 - easy

4 - fast

400 yards

800 cumulative yards

Secondary Break Up (your best non free stroke)

200 drill - broken by 50

Fly -

2 right arm, 2 left down, 2 both

Right arm down, left arm back

Fly, breast (don't breathe on fly, breathe on breast)

Four strokes fast, easy free

Back-

5 right, 5 left

Right arm down, left arm back

Double arm back

Three cycles fast, easy free

Breast -

One pull two kick

One breath, no breath

Five second stretch hold

Two strokes fast, easy free

200 yards

1000 cumulative yards

8 x 25's @ base or :10 rest

Odds easy

Evens secondary fast

100 pull @ :10 rest

**3 x 50's @ base
2 fast secondary
1 easy free**

100 pull @ :10 rest

**2 x 100's @ base or :15 rest
Easy/fast by 25**

100 pull @ :10 rest

100 secondary FAST!!!!!!

**950 yards
1950 cumulative yards**

10 x 50's fish flop @ :20 rest from a dive if possible

Odd - seven underwater dolphin kicks or breaststroke pullout - fast to the wall, easy free back

Even - underwater down, easy back

**500 yards
2450 cumulative yards**

200 easy

**200 yards
2650 cumulative yards**