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

Workout #1 Focus: Amp up that heart rate!

Warm Up: 200 swim 100 pull 100 kick

400 yards 400 cumulative yards

3 x100's @ :15 rest 50 kick/50 swim descend 1-3

300 yards 700 cumulative yards

Main Set:

Fins on: 8 x 50's kick @ base or :10 rest Odds east Evens ALL OUT FAST

200 fins and paddles long perfect technique

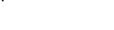
8 x 50's swim @ base or :10 rest Odds east Evens ALL OUT FAST

1000 yards 1700 cumulative yards

8 x 75's drill @ :15 rest 25 extension kick 25 bow and arrow drill 25 almost catch up

600 yards 2300 cumulative yards

6 x 50's swim or kick but all need to be the same @ base or :10 rest Odds east Evens ALL OUT FAST



April 1, 2018



300 yards 2600 cumulative yards

100 loosen recover

100 yards 2700 cumulative yards

