

Kiefer Weekly Swim Workout - Short

April 1, 2018

Workout #1

Focus: Amp up that heart rate!

Warm Up:

200 swim

100 pull

100 kick

400 yards

400 cumulative yards

3 x 100'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

300 yards
2600 cumulative yards

100 loosen recover

100 yards
2700 cumulative yards