

# **Kiefer Weekly Swim Workout - Short**

September 2, 2018

Workout #

Focus: IM

## ***Warm Up***

***100 free***

***100 IM kick***

***100 IM drill***

***300 yards***

***300 cumulative yards***

***20 x 25's @ :10 rest***

***Odds free***

***Evens breaststroke mummy drill***

***500 yards***

***800 cumulative yards***

***2 x 150's @ base +:20***

***1st 50 dolphin kick***

***2nd 50 backstroke***

***3rd 50 freestyle***

***300 yards***

***1100 cumulative yards***

***200 pull***

***200 yards***

***1300 cumulative yards***

***8 x 100's @ base +:20***

***Odds free***

***Evens IM descend 1-4***

***800 yards***

***2100 cumulative yards***

***2 x 150's @ base +:30***

***50 breast kick***

***50 back***

***50 free***

***300 yards***

***2400 cumulative yards***

***200 loosen***

***200 yards***

**2600 cumulative yards**