

Kiefer Weekly Swim Workout - Short

February 14, 2019

Workout

Focus: Medley

200 free

200 yards

200 cumulative yards

12 x 50's @base +:10 or :10 rest

3 on each stroke: 1 kick, 1 drill, 1 swim

600 yards

800 cumulative yards

1x

200 IM first 25 of each stroke fast @base +:20 or :15 rest

200 IM last 25 of each stroke fast @ base +:20 or :15 rest

200 pull recover no interval

Broken 200 IM (by 50, :10 rest after each)

800 yards

1600 cumulative yards

10 x 50's with fins @ base +:10 or :10 rest

Odds dolphin

Evens flutter

Board optional

500 yards

2100 cumulative yards

200 loosen your choice

200 yards

2300 cumulative yards

200 IM for time

200 yards

2500 cumulative yards

100 easy loosen

100 yards

2600 cumulative yards