

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

March 20, 2019

### **Workout #12**

Focus: Legs!!!

200 swim  
100 flutter kick  
200 pull  
100 flutter kick  
200 IM drill  
100 choice kick

900 yards  
900 cumulative yards

10 x 100's @ base +:20 or :10 rest  
50 kick, 50 swim

1000 yards  
1900 cumulative yards

3x  
4 x 50's kick FAST @ base +:20 or :10 rest  
200 easy pull  
4 x 50's swim FAST @ base +:10 or :10 rest  
200 easy pull

2400 yards  
4300 cumulative yards

100 easy loosen

100 yards  
4400 cumulative yards