

Kiefer Weekly Swim Workout - Short
Workout #35

September 7, 2019

Warm Up:

200 swim

100 pull

100 kick

400 yards

400 cumulative yards

8x 50's @ base +:15 or :10 rest

Odd: kick/drill

Even: drill/swim

400 yards

800 cumulative yards

Main Set:

3x

100 free @ base +:10 or :10 rest

100 IM @ base +:15 or :15 rest

4 x 50's @ base -:05 or :05 rest

1200 yards

2000 cumulative yards

2 x 150's pull @ base +:15 or :10 rest

300 yards

2300 cumulative yards

9 x (pick one of the following options)

150's @ base +:10 or :10 rest

100's @ base +:05 or :05 rest

50's @ base +:05 or :05 rest

1450/900/450 yards

3750/3200/2750 cumulative yards

200 loosen

200 yards

3950/3400/2950 cumulative yards