

Kiefer Weekly Swim Workout Long

February 22, 2020

Warm Up:

200 Free
200 Pull
200 Kick
200 Choice

800 yards
800 cumulative yards

Main set:

16 x 50's breath control (feel free to adjust suggested breaths either up or down to fit your needs)

4 x 50's @base or :05 rest with 5 breaths per 50
4 x 50's @ base +:05 or :10 rest with 4 breaths per 50
4 x 50's @ base +:10 or :15 rest with 3 breaths per 50
4 x 50's @ base +:15 or :20 rest with 2 breaths per 50

800 yards
1600 cumulative yards

2x
200 secondary drill/swim by 25
5 x 100's @ base +:10 or :15 rest
#1 - 100 free
#2 - 75 free/25 secondary
#3 - 50/50
#4 - 25 free/75 secondary
#5 - 100 secondary fast for time!

1400 yards
3000 cumulative yards

8 x 50's kick with fins @ base or :10 rest no board
25 right side kick/25 left side kick dolphin

400 yards
3400 cumulative yards

5 x 100's @ base +:15 or :30 rest hold your 500 pace for all five

500 yards
3900 cumulative yards

100 easy loosen
4000 cumulative yards