

**Kiefer Weekly Swim Workout - Long**  
**Workout #28**

July 9, 2019

**Warm Up**

**200 free**  
**100 breast kick**  
**200 free**  
**100 dolphin kick**  
**200 pull**

**800 yards**  
**800 cumulative yards**

**20 x 25's @ base +:10 or :10 rest**  
**1-5 breast kick on your back, hands at your side, knees under surface**  
**6-10 one pull 2 kick breast drill**  
**11-15 one stroke breast, one stroke fly, don't breathe on fly**  
**16-20 breast perfect**

**500 yards**  
**1300 cumulative yards**

**10 x 50's breast swim @ :15 rest**  
**Start at the flags, and jump push off the bottom in a tight streamline 10 times**  
**On number 10 jump out and swim FAST breast to the wall**  
**Perfect technique back, or to the end if you are swimming LC**

**500 yards**  
**1800 cumulative yards**

**12 x 75's @ base +:15 or :10 rest**  
**25 - double underwater pullouts**  
**25 - dolphin kick on your back**  
**25 - double underwater pullouts**

**900 yards**  
**2700 cumulative yards**

**10 x 100's @ base -:05**  
**1-4 - 75 free 25 breast**  
**5-7 - 50 free 50 breast**  
**8-9 - 25 free 75 breast**  
**10 100 breast**

**1000 yards**  
**3700 cumulative yards**

**300 easy pull recover**

**300 yards**

**4000 cumulative yards**