

Kiefer Weekly Swim Workout - Long

January 16, 2018

Long Course Prep

Focus: Stuck in a yards pool? This might help!

Warm Up:

200 swim

100 kick

200 pull

100 kick

200 IM drill

800 yards

800 cumulative yards

12 x 75's @ base +:10 or :10 rest

First 25 surf kick

Second 25 drill

Third 25 build

900 yards

1700 cumulative yards

Main Set:

5 x 450's @ base +:20 or :15 rest

1 - prep distance per cycle

2 - negative split

3-5 descend to best effort

2250 yards

3950 cumulative yards

200 loosen

200 yards

4150 cumulative yards

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

Easy down fast back

500 yards

4650 cumulative yards

50 easy loosen

50 yards

4700 cumulative yards