

# **Kiefer Weekly Swim Workout - Long**

## **Speed Work**

January 23, 2018

Focus: Short distance sprints.

### **Warm Up:**

**100 swim**

**100 kick**

**100 pull**

**100 swim**

**400 yards**

**400 cumulative yards**

**20 x 25's @ base +:05 or :10 rest**

**Variable sprint pattern**

**1 - open**

**2 - close**

**3 - easy**

**4 - fast**

**500 yards**

**900 cumulative yards**

**12 x 75's @ base +:15 or :10 rest**

**All the same non free stroke**

**Odds - kick, drill, swim by 25**

**Even - Open (15 yards fast) - easy - close (15 yards fast)**

**900 yards**

**1800 cumulative yards**

### **Main Set:**

**2x**

**200 Pull @ :30 rest**

**2x 100's @ base**

**2 x 75's @ base**

**2 x 50's @ base**

**2 x 25's @ :20 rest**

**Last length of each distance FAST (not the pull)**

**1400 yards**

**3200 cumulative yards**

**100 loosen easy choice**

***5 x 100's fins on kick @ 2:00 or :30 rest as fast as possible average***

***200 warm down and done!***

***800 yards***

***4000 cumulative yards***