

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

January 30, 2018

### **Freestyle Kick**

Focus: Technique based training.

#### **Warm Up:**

**300 free**

**4x**

**50 extension kick on :10 rest (the 50 itself should take around 1 minute or more if you are doing it correctly)**

**25 surf kick @ :10 rest**

**50 drill right arm only down, left arm only back @ :10 rest**

**25 SPRINT @ :20 rest**

**900 yards**

**900 cumulative yards**

**10 x 50's @ descending interval**

**Ex. 2 @ 1:00, 2 @ :55, 2 @ :50, 2 @ :45, 2 @ :40**

**Start at :05 over your base and subtract :05 for each set of two**

**Rest based, descend by sets of two 1-5**

**500 yards**

**1400 cumulative yards**

#### **Main Set:**

**500 streamline flutter kick for time. Focus on underwaters passed the flags off every wall.**

**500 yards**

**1900 cumulative yards**

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

**25 free, 25 back, 25 free**

**900 yards**

**2800 cumulative yards**

**200 right paddle, left fin**

**200 left paddle, right fin**

**400 swim**

**3200 cumulative yards**

***500 free for time***

***500 yards***  
***3700 cumulative yards***

***200-400 loosen warm down***

***200-400 yards***  
***3900-4100 cumulative yards***