

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

January 9, 2018

### **IM Accelerator**

Focus: Distance per cycle recovery with medley mid distance.

#### **Warm Up:**

**500 free every fourth lap backstroke**

**One minute vertical flutter kick**

**200 pull**

**One minute vertical dolphin kick**

**700 yards**

**700 cumulative yards**

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

**5 of each stroke**

**Drill - kick - drill - swim - fast!**

**500 yards**

**1200 cumulative yards**

#### **Main Set:**

**8 x 125 IMs @ base +:15**

**1 -2 50 fly, 25 back, 25 breast, 25 free**

**#2 faster than #1**

**3-4 25 fly, 50 back, 25 breast, 25 free**

**#4 faster than #3**

**5-6 25 fly, 25 back, 50 breast, 25 free**

**#6 faster than #5**

**7-8 25 fly, 25 back, 25 breast, 50 free**

**#8 faster than #7**

**1000 yards**

**2200 cumulative yards**

**20 x 50's kick @ base +:20 or :10 rest**

**Odds FAST AVERAGE**

**Even recover**

**1000 yards**

**3200 cumulative yards**

**100 right paddle, left fin freestyle**

**100 left paddle, right fin freestyle**

**100 paddles only**

**100 fins and paddles**

**400 yards**

**3600 cumulative yards**

**400 IM for time**

**400 yards**

**4000 cumulative yards**

**200 easy loosen**

**200 yards**

**4200 cumulative yards**