

Kiefer Weekly Swim Workout - Long

October 11, 2018

Workout #2

Focus: Secondary.

Warm Up

300 swim
200 IM kick
200 pull

700 yards
700 cumulative yards

10 x 100's @ base or :10 rest
Every fourth 25 non free, your secondary

1000 yards
1700 cumulative yards

20 x 25's with paddles @ :10 rest
Odds perfect free
Evens breaststroke

500 yards
2200 cumulative yards

200 secondary kick

200 yards
2400 cumulative yards

5 x 50's @ base or :10 rest (80% effort-ish)
200 easy pull @ :15 rest
5 x 50's @ base -:05 or :05 rest (90% effort-ish)
200 easy pull @ :15 rest

900 yards
3300 cumulative yards

8 x 50's with fins all secondary @ base

400 yards
3700 cumulative yards

4 x 75's easy @ :10 rest
25 kick
25 swim
25 scull

300 yards

4000 cumulative yards