

Kiefer Weekly Swim Workout - Long

October 18, 2018

Workout #3

Focus: Secondary.

Warm Up

400 swim
200 pull
200 kick

800 yards
800 cumulative yards

16 x 25's Variable sprint pattern @ :30 or :10 rest
1 - open
2 - close
3 - easy
4 - fast

400 yards
1200 cumulative yards

Secondary Break Up (your best non free stroke)
2 x 200's drill @ :20 rest broken by 50

Fly -
2 right arm, 2 left down, 2 both
Right arm down, left arm back
Fly, breast (don't breathe on fly, breathe on breast)
Four strokes fast, easy free

Back-
5 right, 5 left
Right arm down, left arm back
Double arm back
Three cycles fast, easy free

Breast -
One pull two kick
One breath, no breath
Five second stretch hold
Two strokes fast, easy free

400 yards
1600 cumulative yards

8 x 25's @ base or :10 rest
Odds easy
Evens secondary fast

200 pull @ :10 rest

**6 x 50's @ base
2 fast secondary
1 easy free**

200 pull @ :10 rest

**4 x 100's @ base or :15 rest
Easy/fast by 25**

200 pull @ :10 rest

100 secondary FAST!!!!!!

**1600 yards
3200 cumulative yards**

**10 x 50's fish flop @ :20 rest from a dive if possible
Odd - seven underwater dolphin kicks or breaststroke pullout - fast to the wall, easy free
back
Even - underwater down, easy back**

**500 yards
3700 cumulative yards**

200 easy

**200 yards
3900 cumulative yards**