

Kiefer Weekly Swim Workout - Long

October 25, 2018

Workout #4

Focus: Mixed Medley.

Warm Up

300 swim
200 IM kick
200 IM drill

700 yards
700 cumulative yards

8 x 75's IM @ :15 rest
1-4 kick, drill, swim
5-8 last 25 fast

600 yards
1300 cumulative yards

8 x 50's kick weak stroke @ base +:30 or :10 rest

400 yards
1700 cumulative yards

Ladders! @ 20 rest All 25's are SPRINT! All 100's are build
25 fly/50 back/75 breast/100 free
100 fly/25 back/50 breast/75 free
75 fly/100 back/25 breast/50 free
50 fly/75 back/100 breast/25 free

1000 yards
2700 cumulative yards

One more for fun:
50/100/150/200/150/100/50 Pull all @ :10 rest

800 yards
3500 cumulative yards

3 x 100's descend @ base or :15 rest

Your choice IM, secondary, or free

300 yards
3800 cumulative yards

200 loosen

200 yards

4000 cumulative yards