

Kiefer Weekly Swim Workout - Long

November 1, 2018

Workout #1

Focus: Don't let the numbers get to you.

Warm Up

200 Free
200 IM kick
200 IM drill

600 yards
600 cumulative yards

1000 IM (by 100 IM, so 10 x 100 IM's straight)
Perfect fly, FAST back, double pullout breast, OVERKICK freestyle

1000 yards
1600 cumulative yards

20 x 50's @ base +:15 or :10 rest
3 @ each stroke (kick, drill, swim)
2 @ each stroke (one perfect, one FAST)

1000 yards
2600 cumulative yards

200 pull relax

200 yards
2800 cumulative yards

500 IM for time BE TOUGH
50 fly, 100 back, 150 breast, 200 free

500 yards
3300 cumulative yards

200 easy pull

200 yards
3500 cumulative yards

4 x 50's @ base +:15 or :10 rest
Weak stroke, descend 1-4

200 yards
3700 cumulative yards
4 x 50's @ :10 rest build
Weak kick

200 yards
3900 cumulative yards

100 easy

100 yards
4000 cumulative yards