

Kiefer Weekly Swim Workout - Long

November 15, 2018

Workout #3

Focus: Mid-distance.

Warm Up

300 swim

100 kick

200 pull

600 yards

600 cumulative yards

12 x 75s @ :15 rest

25 surf kick

25 catch up

25 build to SPRINT FINISH

900 yards

1500 cumulative yards

4 x 100's @ base +:05 or :10 rest

1 x 125 @ same interval ^

3 x 100's @ base +:05 or :10 rest

2 x 125's @ same interval ^

2 x 100's @ base +:05 or :10 rest

3 x 125's @ same interval ^

1 x 100 @ base +:05 or :10 rest

4 x 125's @ same interval ^

2250 yards

3750 cumulative yards

200 easy pull

3950 cumulative yards