

# **Kiefer Weekly Swim Workout - Long**

November 22, 2018

Workout #4

Focus: Non-free.

## ***Warm Up***

***200 free***

***200 IM kick***

***200 IM drill***

***200 pull***

***800 yards***

***800 cumulative yards***

***4x (one round of each stroke)***

***150 @:20 rest***

***Kick/Drill/Swim by 50***

***25 easy free @:10 rest***

***25 fast @:20 rest***

***600 yards***

***1400 cumulative yards***

***200 drill of your weakest stroke (non-free)***

***200 yards***

***1600 cumulative yards***

***400 IM for time***

***50 kick/50 swim***

***Board optional***

***400 yards***

***2000 cumulative yards***

***8 x 100's @ base +:15 or :10 rest***

***1-4 secondary***

***25 secondary/75 free***

***50 secondary/50 free***

***75 secondary/25 free***

***100 secondary***

***5-8 weak***

***25 weak/75 free***

***50 weak/50 free***

***75 weak/25 free***

***100 weak***

***800 yards***

***2800 cumulative yards***

**Ladder pull, work distance per cycle all @ :15 rest**  
**25 - 50 - 75 - 100 - 100 - 75 - 50 - 25**

**500 yards**  
**3300 cumulative yards**

**200 IM fast for time**

**200 yards**  
**3500 cumulative yards**

**200 easy choice warm down**

**200 yards**  
**3700 cumulative yards**