

Kiefer Weekly Swim Workout - Long

November 29, 2018

Workout #

Focus: LEGS!

Warm Up

300 swim

30 yards

300 cumulative yards

20 x 25's @ :10 rest

5 on each stroke

2 kick

2 drill

1 build

500 yards

800 cumulative yards

8 Minute flutter kick max distance

Try to max out your laps, so kicking as hard as you can for 8 laps, be sure to count!

12 x 50's pull

1-4 @ base +:05 or :05 rest 5 breaths per 50

5-8 @ base +:10 or :10 rest 4 breaths per 50

8-12 @ base +:15 or :15 rest 3 breaths per 50

You can start with a lower or higher breath amount, adjust to your needs

600 yards

1400 cumulative yards

400 IM for time

50 kick/50 swim

400 yards

1800 cumulative yards

3 x 200's @ :30 rest

1 - right fin, left paddle

2 - left fin, right paddle

3 - both fins and paddles

600 yards

2400 cumulative yards (plus your kick)