

Kiefer Weekly Swim Workout - Long

November 8, 2018

Workout #2

Focus: Pace work.

Warm Up

600 swim (repeating 100 free/50 back 4x)

600 yards

600 cumulative yards

8 x 50's @ :10 rest

Kick/drill by 25 IM order

400 yards

1000 cumulative yards

20 x 25's @ base +:05 or :10 rest

Variable sprint pattern, your choice of stroke, mixing fine

1 - open

2 - close

3 - easy

4 - fast

500 yards

1500 cumulative yards

4x

4 x 50's pace

Instructions: take your 200 goal time. It can be any stroke. And divide it by four. Round down. That's what you should be trying to hold for all four 50's. Rest SHOULD be minimal. Ex: if you want to break 2:00 in a 200 free you should be holding 29's for all four and you should be using no slower than :40 for your base. 10 seconds rest MAX. So divide by four and add 10 round to the nearest :05 or :10.

200 easy pull

1600 yards

3100 cumulative yards

4 x 150's @ :15 rest

Your choice of kick and swim

50 kick - 25 scull - 25 surf kick - 25 scull - 25 swim

600 yards

3700 cumulative yards

200 loosen choice

200 yards

3900 cumulative yards