

Kiefer Weekly Swim Workout - Long

December 26, 2018

Workout #4

Focus: Free technique.

200 free
200 kick
200 IM drill/swim
200 pull

800 yards
800 cumulative yards

12 x 75's @ :15 rest
25 scull
25 distance per cycle
25 fast kick

900 yards
1700 cumulative yards

3 x 200's @ :30 rest
1 - right fin, left paddle
2 - left fin, right paddle
3 - fins and paddles

600 yards
2300 cumulative yards

4 x 225's freestyle @ Base +15
descend 1-3 (3 FAST)
4 meet or beat 3

900 yards
3200 cumulative yards

20 x 25's with fins @ :15 rest
1-4 underwater dolphin kick
5 recover choice

500 yards
3700 cumulative yards

200 loosen choice
3900 cumulative yards