

Kiefer Weekly Swim Workout - Long

December 5, 2018

Workout #1

Focus: Medley Transitions.

300 swim

100 dolphin kick

100 fly drill/swim by 25

100 flutter kick

100 back drill/swim by 25

100 breaststroke kick

100 breast drill/swim by 25

100 flutter kick

100 free drill/swim by 25

1100 yard

11 cumulative yards

12 x 75's rotating IM's @ base +:10 or :10 rest

1 - fly, back, breast

2 - back, breast, free

3 - breast, free, fly

4 - free, fly, back

900 yards

2000 cumulative yards

6 x 200's odds IM no free (double best stroke) evens free @ base +:20 or :15 rest

1200 yards

3200 cumulative yards

Fins on!

500 streamline kick on your back for time

Try to average 7-9 underwater kicks off each wall

500 yards

3700 cumulative yards

12 x 25's @:10 rest

Odds scull

Evens easy free

300 yards

4000 cumulative yards