

Kiefer Weekly Swim Workout - Long

February 18, 2018

Workout #3

Focus: Mid-Distance IM.

Warm Up:

300 swim

200 drill

100 kick

400 IM Drill-kick-drill swim by 25

10 x 50's @ base +:10 or :10 rest

3@ 80% effort

2@ 90% effort

1 Best effort

1 @ 90% effort

1 @ 80% effort

2 @ perfect technique

1500 yards

1500 cumulative yards

Main Set

2x

200 breath control @ :20 rest

3, 5, 7, 9 by 50

3 x 100's backstroke @ base +:15 or :10 rest

1 & 3 swim

2 - kick (streamline on back)

3 x 200 IM's @ base +:30 or :20 rest

1- kick/swim

2- drill/swim

3 - fast

3 x 100's pull descend 1-3 @ base

6 x 50's @ :10 rest

Odd free

Even breast

3400 yards

4900 cumulative yards