

Kiefer Weekly Swim Workout - Long

February 6, 2018

Workout #1

Focus: Aerobic medley.

Warm Up:

500 free

**8 x 100's @ base + :10 or :15 rest
50 kick/50 swim**

**1300 yards
1300 cumulative yards**

**12 x 75's @ base +:10 or :10 rest
Odds freestyle, last 25 no breath
Evens IM (no free)**

**900 yards
2100 cumulative yards**

Main Set:

**3x
200 IM @ base +:20 or :20 rest
2 x 100's 50 swim(free)/50 kick (fly) @ base +:10 or :15 rest
4 x 50's 25 easy free/25 fast stroke (In IM order) @ base +:10 or :10 rest**

**1800 yards
3900 yards**

200 loosen easy your choice

**200 yards
4100 cumulative yards**