

Kiefer Weekly Swim Workout - Long

March 18, 2018

Workout #3

Focus: IM prep and aerobic free.

Warm Up:

300 swim

300 pull

300 IM kick

900 yards

900 cumulative yards

8 x 50's Kick/Drill by 25 @ base +:15 or :15 rest

2 @ each stroke

400 yards

1300 cumulative yards

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

4 @ each stroke

Think of this as a broken 400 IM, fast, good breakouts and finishes

400 yards

1700 cumulative yards

Main Set

5 x 100's @ base +:05 or :10 rest

200 pull relax

5 x 100's @ base or :05 rest

200 back pull relax

5 x 100's @ base -:05 or :05 rest best effort

200 pull choice relax

2100 cumulative yards

3800 cumulative yards

8 x 50's kick @ :10 rest

Easy down/strong back

400 yards
4200 cumulative yards

200 easy

200 yards
4400 cumulative yards