

Kiefer Weekly Swim Workout - Long

March 25, 2018

Workout #4

Focus: Aerobic free intensity build.

Warm Up:

200 swim

200 kick

200 pull

200 IM kick drill by 25

800 yards

800 cumulative yards

4x

100 kick (25 front, right, left, back) @ :10 rest

50 extension kick (right/left by 25) @ :15 rest

50 perfect free breathing every three, underwater flip turn @ :10 rest

2 x 25's one fast, one easy @ :10 rest

1000 yards

1800 cumulative yards

Main Set

5x 100's @ base or :10 rest

200 pull recover

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

200 pull recover

5 x 100's @ 3:00 or 2:00 rest BEST AVERAGE HIGH INTENSITY

Option to wear fins

200 pull recover

2100 yards

3900 cumulative yards

10 x 50's kick @ base +:15 or :10 rest

500 yards

4400 cumulative yards

100 easy loosen

100 yards
4500 cumulative yards