

# **Kiefer Weekly Swim Workout - Long**

April 1, 2018

## **Workout #1**

Focus: Amp up that heart rate!

### **Warm Up:**

**300 swim**

**200 pull**

**100 kick**

**600 yards**

**600 cumulative yards**

**6 x 100's @ :15 rest**

**50 kick/50 swim descend 1-3 twice**

**600 yards**

**1200 cumulative yards**

### **Main Set:**

#### **Fins on:**

**10 x 50's kick @ base or :10 rest**

**Odds east**

**Evens ALL OUT FAST**

**200 fins and paddles long perfect technique**

**10 x 50's swim @ base or :10 rest**

**Odds east**

**Evens ALL OUT FAST**

**1200 yards**

**2400 cumulative yards**

**8 x 75's drill @ :15 rest**

**25 extension kick**

**25 bow and arrow drill**

**25 almost catch up**

**600 yards**

**3000 cumulative yards**

**10 x 50's swim or kick but all need to be the same @ base or :10 rest**

**Odds east**

**Evens ALL OUT FAST**

**500 yards**  
**3500 cumulative yards**

**200 loosen recover**

**200 yards**  
**3700 cumulative yards**