

Kiefer Weekly Swim Workout - Long

April 15, 2018

Workout #3

Focus: Rotating stroke swims.

Warm Up:

400 free every fourth 25 backstroke

200 flutter kick

200 pull every fourth 25 backstroke

800 yards

800 cumulative yards

20 x 25's @ base +:10 or :10 rest

1 - underwater dolphin kick, streamline

2 - 3 right, 3 left backstroke drill

3 - underwater flutter kick ONLY as far as possible

4 - perfect backstroke

500 yards

1300 cumulative yards

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

Descend 1-3, #4 same or faster than #3

800 yards

2100 cumulative yards

Main Set:

Rotating Swims

3 x 300's @ base + :20 or :20 seconds rest

1 - 200 free 100 back

2 - 150 free - 150 back

3 - 100 free - 200 back

Make your interval!

200 pull distance per cycle

1100 yards

3200 cumulative yards

3 x 200's @ base +:10 or :10 rest

1 - 150 free - 50 back

2 - 100 free - 100 back

3 - 50 free - 150 back

Make your interval!

200 pull distance per cycle

800 yards

4000 cumulative yards

3 x 100's @ base or :10 rest

1- 75 free - 25 back

2 - 50 free - 50 back

3 - 25 free - 75 back

You guessed it, make your interval!

200 distance per cycle

500 yards

4500 cumulative yards