

Kiefer Weekly Swim Workout - Long

April 22, 2018

Workout #4

Focus: Speed work and long axis.

Warm Up:

200 free

200 kick

200 pull

600 yards

600 cumulative yards

12x50 @ base +:10 or :20 rest (1 Free, 1 25 Non-Free/25 Free, 1 Kick

600 yards

1200 cumulative yards

6x150 w paddles @ :20 rest

Odd: (25 right only, 25 left only, 50 Distance Per stroke)

Even: Free Swim (breathing 4/5/6 by 25)

900 yards

2100 cumulative yards

Main Set:

Fins:

3x

150:100 back / 50 fast free @ base or :15 rest

3x

100: 50 back / 50 fast free @ base +:05 or :10 rest

3x

50: 25 fast/25 easy @ base +:10 or :05 rest

900 yards

3000 cumulative yards

300 Free/Back x50s (long stroke, even cycle count)

300 yards

3300 cumulative yards

Fins:

2x

150:100 back / 50 fast free @ base or :15 rest

2x

100: 50 back / 50 fast free @ base +:05 or :10 rest

2x

50: 25 fast/25 easy @ base +:10 or :05 rest

600 yards

3900 cumulative yards

200 loosen choice

200 yards

4100 cumulative yards