

Kiefer Weekly Swim Workout - Long

April 29, 2018

Workout #5

Focus: Non free, mostly butterfly. Let's do this!

Warm Up:

600 every fourth 25 non freestyle

600 yards

600 cumulative yards

4 x 150's kick @ :10 rest with a board

50 tombstone kick (vertical board, water pressure)

50 FAST

50 tombstone kick

600 yards

1200 cumulative yard

Main Set(s):

6 x 100 IM's @ base +:20

1- kick

2 - drill

3 - FAST

600 yards

1800 cumulative yards

3 x

150 backstroke @ :10 rest

50 kick, 50 drill, 50 build

100 backstroke @ base +:15

9 underwater dolphin kicks off every wall

50 backstroke FAST @ :30 rest

900 yards

2700 cumulative yards

16 x 50's pull @ base

800 yards

3500 cumulative yards

2 x 150's @ :10 rest

75 fly/75 free

300 yards

3800 cumulative yards

4 x 50's @ base + :10

***Odds fast fly
Even recover free***

***200 yards
4000 cumulative yards***

200 easy

***200 yards
4200 cumulative yards***