

Kiefer Weekly Swim Workout - Long

May 27, 2018

Workout #4

Focus: Aerobic legs and free.

Warm Up:

400 free

200 kick

100 pull

700 yards

700 cumulative yards

2 x 100's kick @ base +:20 or :10 rest

4 x 50's @ :10 rest right arm only/left arm only by 25

2 x 100's kick @ base +:20 or :10 rest

4 x 50's 90% catch-up @ :10 rest

2 x 100's kick @ base +:20 or :10 rest

4 x 50's 25 head up free/25 underwater to halfway @ :10 rest

1200 yards

1900 cumulative yards

Main Set(s):

3 x

200 free R1: base +:15/:15 rest, R2: base +:10/:10 rest, R3 base +:05/:05 rest

50 easy @ :10 rest

50 FAST @ 1:30

900 yards

2800 cumulative yards

300

25 scull/25 back by 25

300 yards

3100 cumulative yards

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

Freestyle with underwater flip turns at the wall

500 yards

3600 cumulative yards

200 pull easy

200 yards

3800 cumulative yards

200 fast for time

200 yards
4000 cumulative yards

200 loosen your choice

200 yards
4200 cumulative yards