

Kiefer Weekly Swim Workout - Long

June 10, 2018

Workout #2

Focus: Freestyle Threshold.

Warm Up:

200 swim

200 kick

200 pull

600 yards

600 cumulative yards

8 x 100's @ base +:15 or :15 rest

Odds build

Even distance per cycle

800 yards

1400 cumulative yards

Main Set:

8 x 50's @ base or :10 rest

400 yards

1800 cumulative yards

4x

150 pull @ base + :20 or :15 rest

50 drill (IM order) @ base +:10 or :10 rest

800 yards

2600 cumulative yards

8 x 50's @ base -:05 or :05 rest

400 yards

3000 cumulative yards

4 x 100's with fins @ base +:20 or :20 rest

Odds free

Even fly

400 yards

3400 cumulative yards

8 x 50's @ base -:10 or :05 rest

400 yards

3800 cumulative yards

200 easy loosen

200 yards

4000 cumulative yards

Dive 50 fast for time

50 yards

4050 cumulative yards

200 easy loosen

200 yards

4250 cumulative yards