

Kiefer Weekly Swim Workout - Long

June 17, 2018

Workout #3

Focus: Aerobic Free.

Warm Up:

200 swim

200 pull

200 IM kick-drill

8 x 50's kick @ base +:15 or :10 rest

Odds easy

Evens fast

1000 yards

1000 cumulative yards

Main Set:

4 x 75's free @ base +:05 or :10 rest

Build by 25

300 yards

1300 cumulative yards

4 x 150's @ base +:15 or :10 rest

50 free - 50 kick - 50 free

600 yards

1900 cumulative yards

4 x 300's free

1 - base +:10 or :10 rest

2 - base +:05 or :10 rest

3 - base or :05 rest

4 - base -:05 or :05 rest

1200 yards

3100 cumulative yards

4 x 150's @ base +:20 Or :10 rest

50 kick - 50 free - 50 kick

600 yards

3700 cumulative yards

4 x 75's free @ :10 rest

Perfect technique loosen

300 yards

4000 cumulative yards