

Kiefer Weekly Swim Workout - Long

June 24, 2018

Workout #4

Focus: Threshold Medley

Warm Up:

200 free

200 IM kick

200 IM drill

200 pull

800 yards

800 cumulative yards

Main Set:

20 x 25's @ base +:10 or :10 rest

5 @ each stroke

1- drill

2- kick

3 - drill

4 - build

5 - FAST

500 yards

1300 cumulative yards

4 x 100's @ base +:10 or :10 rest

75 free/25 fly

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

4 x 100's @ base +:10 or :10 rest

75 free/25 back

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

4 x 100's @ base +:10 or :10 rest

75 free/25 breast

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

1800 yards

3100 cumulative yards

200 pull relax distance per cycle

200 yards

3300 cumulative yards

400 IM Best Effort

400 yards
3700 cumulative yards

200 loosen choice
3900 cumulative yards