

Kiefer Weekly Swim Workout - Long

June 3, 2018

Workout #1

Focus: Distance.

Warm Up:

200 swim

200 kick

200 pull

600 yards

600 cumulative yards

20 x 25's @ base +:05 or :10 rest

1 - underwater flutter kick only in a streamline

2- right arm only

3 - left arm only

4 - perfect stroke

500 yards

1100 cumulative yards

3 x 400's @ base +:10 or :20 rest

Descend 1-3

1200 yards

2300 cumulative yards

4 x 300's @ base or :10 rest

1200 yards

3500 cumulative yards

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

25 back/25 free try to match cycle count

500 yards

4000 cumulative yards

200 loosen your choice

200

4200 cumulative yards