

Kiefer Weekly Swim Workout - Long

July 1, 2018

Workout #1

Focus: Freestyle.

Warm Up:

2x

100 free

100 back

100 pull

600 yards

600 cumulative yards

20 x 25's @ :10 rest

1 - right arm only free

2 - left arm only free

3 - underwater streamline flutter kick ONLY

4 - perfect free

500 free

1100 cumulative yards

Main Set:

12 x 25's @ base or :05 rest

300 free @ base +:30 or :15 rest

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

300 free @ base +:20 or :10 rest

4 x 75's @ base +:15 or :15 rest

300 free @ base +:10 or :05 rest

3 x 100's @ base +:20 or :20 rest

300 free fast for time

2400 yards

3500 cumulative yards

10 x 50's kick @ base +:30 or :15 rest

Easy down, fast back

500 yards

4000 yards

200 easy loosen

200 yards

4200 cumulative yards

