

# **Kiefer Weekly Swim Workout - Long**

July 22, 2018

## **Workout #4**

Focus: Mid-Distance Free.

### **Warm Up:**

**300 swim**

**200 pull**

**100 kick**

**600 yards**

**600 cumulative yards**

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

**Odd: kick/drill**

**Even: drill/swim**

**400 yards**

**1000 cumulative yards**

### **Main Set:**

**4x**

**100 free @ base +:10 or :10 rest**

**100 IM @ base +:15 or :15 rest**

**4 x 50's @ base -:05 or :05 rest**

**1600 yards**

**2600 cumulative yards**

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

**600 yards**

**3200 cumulative yards**

**9 x (pick one of the following options)**

**200's @ base +:10 or :10 rest**

**150's @ base +:10 or :10 rest**

**100's @ base +:05 or :05 rest**

**1800/1450/900 yards**

**4600/4250/3700 cumulative yards**

**200 loosen**

**200 yards**

**4800/4450/3900 cumulative yards**