

# **Kiefer Weekly Swim Workout - Long**

July 29, 2018

## **Workout #5**

Focus: Mid Distance.

### **Warm Up:**

**200 swim**

**100 kick**

**200 pull**

**100 kick**

**200 IM drill**

**800 yards**

**800 cumulative yards**

**20 x 25's @ :30 or :10 rest**

**Fins on**

**5 underwater dolphin kick on your side**

**5 underwater dolphin kick on your back**

**Take an extra :30 rest after each set of five**

**500 yards**

**1300 cumulative yards**

**6x**

**100**

**Round one and two @ base +:05 or :15 rest**

**Round three and four @ base or :10 rest**

**Round five and six @ base -:05 or :05 rest**

**2 x 25's @ base +:10 or :10 rest**

**1 easy**

**1 FAST**

**900 yards**

**2100 cumulative yards**

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

**25 free/25 back**

**Match your cycles**

**500 yards**

**2600 cumulative yards**

**6 x 100's fin kick all flutter @ base +:10 or :10 rest**

**600 yards**

**3200 cumulative yards**

**4x**

**100**

**Round one and two @ base or :10 rest**

**Round three and four @ base -:05 or :05 rest**  
**2 x 25's @ base +:10 or :10 rest**  
**1 easy**  
**1 FAST**

**600 yards**  
**3800 cumulative yards**

**200 loosen**

**200 yards**  
**4000 cumulative yards**