

Kiefer Weekly Swim Workout - Long

July 8, 2018

Workout #2

Focus: Set your base.

Warm Up:

200 swim

200 kick

200 pull

200 swim

800 yards

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

1 - half fast, half easy

2 - half easy, half fast

3 - all easy

4 - all fast

600 yards

1400 cumulative yards

Main Set:

Either 1000 or 1500 yards/meters to set your base. No rest, swim the distance straight at best effort.

Take your final time and divide by the number of 100's you swam. So either by 10 or 15.

Example:

1000 meters/yards in 10:00 would mean your base is 1:00 per 100.

2400-2900 cumulative yards

10 x 100's @ :15 rest

50 kick (build), 50 swim

1000 yards

3400-3900 cumulative yards

200 loosen

200 yards

3600-4100 cumulative yards