

Kiefer Weekly Swim Workout - Long

August 12, 2018

Workout #2

Focus: Leg power.

Warm Up:

200 free

200 kick

200 IM drill/swim

200 pull

800 yards

800 cumulative yards

20 x 25's @ :05-:10 rest

5 dolphin kick underwater

5 - right arm only butterfly

5- left arm only butterfly

5 - doubles butterfly

500 yards

1300 cumulative yards

8 x 100 IM's @ base +:15 or :10 rest

Butterfly underwater, backstroke perfect technique, breast one breath no breath,

freestyle overkick sprint

800 yards

2100 cumulative yards

12 x 50's pull breath control

3 x 50's w/ 5-7 breaths @ base

3 x 50's w/4-6 breaths @ base +:05

3 x 50's w/3-5 breaths @ base +:10

3 x 50's w/2-4 breaths @ base +:15

Pick a starting number and hold those breaths by rounds of 3

600 yards

2700 cumulative yards

6 x 150's

1-3 @ base +:10

50 swim, 50 kick, 50 swim

Descend 1-3

4-6 @ base +:15

50 kick, 50 swim, 50 kick

Descend 1-3

900 yards

3600 cumulative yards

200 loosen choice

200 yards

3800 cumulative yards