

Kiefer Weekly Swim Workout - Long

August 19, 2018

Workout #3

Focus: Endurance

Warm Up:

200 swim

200 kick

200 pull

600 yards

600 cumulative yards

20 x 25's @ +:10

5 - dolphin kick underwater

5 - catch up freestyle

5 - underwater flutter kick only in a streamline as far as you can

5 - right arm only down, left arm only back freestyle (perfect swim on #5)

500 yards

1100 cumulative yards

Main Set

2 x 600's

2 x 400's

2 x 200's

2 x 100's

The first distance of each pairing is on base +:05, the second in each set is on base -:05. If you aren't using intervals yet....why not? But if you aren't this is all on :10 rest, but I want you to try and get your heart rate up on the second of each distance.

2600 yards

3700 cumulative yards

Fins on

10 x 50's loosen kick @ :10 rest

Odds flutter

Evens dolphin

Relax

500 yards

4200 cumulative yards

Warm down

100 choice

100 yards

4300 cumulative yards