

Kiefer Weekly Swim Workout - Long

August 26, 2018

Workout #

Focus: LEGS!

Warm Up:

400 free

400 yards

400 cumulative yard

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

1 - one stroke butterfly, one stroke breaststroke

2 - free

3 - One breath no breath breaststroke

4 - free

500 yards

900 cumulative yards

8 x 75's @ base +:15 or :10 rest

50 free/25 secondary kick

Descend 1-4 twice

600 yards

1500 cumulative yards

Fins on!

500 fin kick for time, no arms!

500 yards

2000 cumulative yards

2x

200 pull @ base +:15 or :10 rest

4 x 50's secondary descend 1-3 and hold on four @ base +:15 or :15 rest

100 IM FAST @ 3:00

1000 yards

3000 cumulative yards

8 x 50's breaststroke kick @ base +:20 or :10 rest

400 yards

3400 cumulative yard

100 secondary fast, from a block if possible, no interval

100 yards

3500 cumulative yards

10 x 50's fins and paddles @ base +:10 or :10 rest
Long and loosen

500 yards
4000 cumulative yards