

Kiefer Weekly Swim Workout - Long

August 5, 2018

Workout #1

Focus: Medley and breast.

Warm Up:

400 free

200 kick

200 pull

800 yards

800 cumulative yards

10 x 50's @ :10 rest

Odds one pull 2 kick breaststroke

Evens build free

500 yards

1300 cumulative yards

200 breaststroke with double underwater pullouts

200 yards

1500 cumulative yards

4 x 200 IMs @ base +:40 or :20 rest descend 1-4

100 easy pull

4 x 150 IM's @ base +:30 or :15 rest (descend 1-4 and drop one stroke of your choice)

100 easy pull

4 x 100 IM's @ base +:20 or :10 rest (descend 1-4 and drop on stroke of your choice)

100 easy pull

4 x 50's @ base +:10 or :10 rest (descend 1-4 whatever stroke remains)

100 easy pull

2300 yards

3800 cumulative yards

200 easy

200 yards

4000 cumulative yards