

Kiefer Weekly Swim Workout - Long

September 16, 2018

Workout #

Focus: All the free!

Warm Up

300 free

200 pull

200 kick

700 yards

700 cumulative yards

20 x 25's variable sprint pattern @ :30 or :10 rest

500 yards

1200 cumulative yards

8 x 100's free (if you haven't set your base, why not!?)

2 @ base +:10 or :15 rest

2 @ base +:05 or :10 rest

2 @ base or :05 rest

2 @ base -:05 or :05 rest

800 yards

2000 cumulative yards

4x

100 drill @ :15 rest

-25 surf kick, 25 right arm only, 25 left arm only, 25 perfect

50 relaxed perfect @ :10 rest

50 FAST @:30 rest

800 yards

2800 cumulative yards

6 x 125's @ base +:10

100 free

25 secondary non free FAST

50 easy

700 yards

3500 cumulative yards

4 x 125's @ base +:05

100 free

25 secondary FAST

500 yards

4000 cumulative yards

200 loosen

200 yards

4200 cumulative yards