

Kiefer Weekly Swim Workout - Long

September 20, 2018

Workout #

Focus:

Warm Up

200 free

400 IM drill, kick, drill swim by 25

200 pull

800 yards

800 cumulative yards

16 x 25's @ :10 rest

4 - breast kick on back hands at your side, knees stay under

4 - dolphin kick with a board, straight arms, head in water, hands rest on top of board, no gripping

4 - freestyle swim descend 1-4

4 - secondary swim descend 1-4

400 yards

1200 cumulative yards

Secondary Split:

Fly/Back

12 x 75's w/ fins @ base +:10 or :10 rest

1 - secondary swim, free, underwater (by 25)

2 - free, underwater, secondary

3 - underwater, secondary, free

900 yards

2100 cumulative yards

Breaststroke

9 x 75's @ base +:20 or :15 rest

1 - breast, free, underwater pullouts

2 - free, underwater pullouts, breast

3 - underwater pullouts, breast, free

675 yards + 25 easy

1900 cumulative yards

Back all together:

12 x 50's pull @ base +:10 or :10 rest

Breathing every five strokes

600 yards

2700/2500 cumulative yards

6 x 150's @ base +:20 or :15 rest

50 free - 50 kick - 50 secondary
Cruise free, build your kick, and perfect secondary

900 yards
3600/3400 cumulative yards

Secondary Split:

Fly/Back

6 x 75's w/ fins @ base +:10 or :10 rest

1 - secondary swim, free, underwater (by 25)

2 - free, underwater, secondary

3 - underwater, secondary, free

450 yards
4050 cumulative yards

Breaststroke

3 x 75's @ base +:20 or :15 rest

1 - breast, free, underwater pullouts

2 - free, underwater pullouts, breast

3 - underwater pullouts, breast, free

225 yards + 25 easy
3650 cumulative yards

Warm down together
200 loosen choice

200 yards
4250/3850 cumulative yards