

Kiefer Weekly Swim Workout - Long

September 27, 2018

Workout #

Focus:

Warm Up

200 swim

200 kick

200 pull

600 yards

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

25 kick - 50 swim

600 yards

1200 cumulative yards

10 x 100's

75 free - 25 secondary

1-4 @ base +:10 or :15 rest

5-7 @ base +:05 or :10 rest

8 & 9 @ base or :05 rest

10 @ base -:05

1000 yards

2200 cumulative yards

5 x 200's pull @ base +:15 or :20 rest

1000 yards

3200 cumulative yards

Alright, biggest effort of the workout, fins on.

500 fin kick for time, no board. Excellent underwaters please! Be aggressive!

500 yards

3700 cumulative yards

300 loosen your choice

4000 cumulative yards