

Kiefer Weekly Swim Workout - Long

September 9, 2018

Workout #

Focus: Secondary/IM

Warm Up

500 free

300 kick

200 pull

1000 yards

1000 cumulative yards

20 x 25's w/paddles @ :05-:10 rest

Free, back, free, breast by 25

500 yards

1500 cumulative yards

10 x 50's @ base or :10 rest

Odds secondary build

Evens free recover

500 yards

2000 cumulative yards

200 pull @ base +:10 or :10 rest

5 x 50's @ base +:10 or :10 rest

2 fly, 1 back, 1 breast, 1 free

450 yards

2450 cumulative yards

150 pull @ base +:10 or :10 rest

5 x 50's @ base +:05 or :05 rest

400 yards

2850 cumulative yards

100 pull @ :30 rest

250 IM FAST for time (double the breast)

350 yards

3200 cumulative yards

Fins on

500 streamline flutter kick for time

500 yards

3700 cumulative yards

300 choice loosen

300 yards

4000 cumulative yards