

## Kiefer Weekly Swim Workout - Long

January 16, 2019

### Workout #3

Focus: Butterfly

200 swim  
200 IM kick - drill by 25  
200 pull  
200 dolphin kick on your back in a streamline

800 yards  
800 cumulative yards

20 x 25's @ :10 rest

1 & 2 - dolphin kick with a board, hands on the bottom, face in the water. Don't use your thumbs to hold the board, just let them rest. Breath every 5-7 kicks

3 - right arm only

4 - left arm only

5 - four perfect fast strokes butterfly no breath

500 yards  
1300 cumulative yards

Fins on!

20 x 50's @ base

All dolphin kick no board

Odds maximize your underwaters

Evens recover

1000 yards  
2300 cumulative yards

3x

2 x 100's @ base

Every fourth 25 fly FAST

2 x 75's @ base

Every third 25 fly FAST

200 easy pull

1650 yards  
3950 cumulative yards

100 fly fast for time (broken)  
25 - 50 - 25

10 seconds rest between distances, then subtract :20 from your time

100 yards  
4050 cumulative yards

200 loosen your choice

200 yards  
4250 cumulative yards