

Kiefer Weekly Swim Workout - Long

January 23, 2019

Workout #4

Focus: Secondary

300 swim

200 pull

100 kick

600 yards

600 cumulative yards

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

Odds free/back by 25

Evens underwater breaststroke pull outs down/free back

800 yards

1400 cumulative yards

2x

4 x 25's secondary drill (your best non free stroke) @ :10 rest

4 x 50's secondary kick @ base +:15 or :10 rest

4 x 100's @ base

75 free, 25 secondary

1400 yards

2800 cumulative yards

2x

2 x 125's @ base +:20 or :15 rest

1 - fast IM double up your secondary

2 - easy free

4 x 50's kick @ base +:20 or :15 rest all FAST

4 x 25's @ :10 rest fast down, easy back

1100 yards

3900 cumulative yards

100 easy loosen

100 yards

4000 cumulative yards