

Kiefer Weekly Swim Workout - Long

January 9, 2019

Workout #2

Focus: Breaststroke.

200 free
200 IM drill
200 IM kick

600 yards
600 cumulative yards

20 x 25's @ :45 or :15 rest
1 - breast kick on back
2 - scull no kick
3 - underwater repeating pullouts
4 - one pull 2 kick
5 - one breath no breath

500 yards
1100 cumulative yards

16 x 50's kick @ base +:30 or :15 rest
4 flutter (first 25 kick underwater flutter with a board as far as you can, coast the rest)
4 breast kick

800 yards
1900 cumulative yards

4 x 225's @ base descend 1-3, meet or beat on 4 all free

900 yards
2800 cumulative yards

8 x 75's pull @ base :10 or :10 rest
Breath control
1 - breath every 3
2 - breath every 5
3 - breath every 7
4 - breath every 9

600 yards
3400 cumulative yards

Broken 200 breast for time, 10 seconds rest between distances
75 - 50 - 25 - 50

Subtract :30 from your total time
200 yards
3600 cumulative yards

200 loosen choice
3800 cumulative yards