

Kiefer Weekly Swim Workout – Long

October 1, 2019

Warm Up:

200 Free
200 IM Kick
200 IM Drill

600 yards
600 cumulative yards

Main set:

4 x
150's 50 kick/50 drill/50 swim all secondary @ base +:30 or :15 rest
25 easy free @ :10
25 fast secondary stroke @ :10

800 yards
1400 cumulative yards

400 IM Fast kick for time
200 easy pull

600 yards
2000 cumulative yards

4 x 100's @ base +:10 or :10 rest
1: 25 secondary stroke/75 free
2: 50 secondary stroke/50 free
3: 75 secondary stroke/25 free
4: 100 fast secondary

4 x 100's @ base +:20 or :15 rest
1: 25 weak stroke/75 free
2: 50 weak stroke/50 free
3: 75 weak stroke/25 free
4: 100 fweak stroke

800 yards
2800 cumulative yards

2 x
25, 50, 75, 100 pull recover and loosen @ :10 rest

500 yards
3300 cumulative yards

200 IM fast for time, roll right into -->
200 Easy Pull and right into -->
200 Weak Stroke Kick

600 yards
3900 cumulative yards

100 easy

100 yards

4000 cumulative yards