

Kiefer Weekly Swim Workout - Long

February 14, 2019

Workout

Focus: Medley

400 free

400 yards

400 cumulative yards

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

3 on each stroke: 1 kick, 1 drill, 1 swim

2 on each stroke: 1 drill, 1 build

1000 yards

1400 cumulative yards

2x

200 IM first 25 of each stroke fast @base +:20 or :15 rest

200 IM last 25 of each stroke fast @ base +:20 or :15 rest

200 pull recover no interval

Broken 200 IM (by 50, :10 rest after each)

1600 yards

3000 cumulative yards

10 x 50's with fins @ base +:10 or :10 rest

Odds dolphin

Evens flutter

Board optional

500 yards

3500 cumulative yards

200 loosen your choice

200 yards

3700 cumulative yards

200 IM for time

200 yards

3900 cumulative yards

100 easy loosen

100 yards

4000 cumulative yards