

Kiefer Weekly Swim Workout - Long

February 28, 2019

Workout #9

Focus: Breaststroke/IM

400 free
200 choice kick
200 pull

800 yards
800 cumulative yards

20 x 25's drill @:15 rest
1 - mummy drill (hands on chest, breath, kick, stretch)
2 - one pull 2 kicks
3 - one breath, no breath
4 - free reset and relax
5 - breaststroke swim build

500 yards
1300 cumulative yards

6 x 150's @ base +:20 or :20 rest
50 free/50 breast kick/50 free

900 yards
2200 cumulative yards

200 pull easy

200 yards
2400

4 x 150's @ base +:10 or :10 rest
50 free/50 breast kick/50 free

600 yards
3000 cumulative yards

200 pull

200 yards
3200 cumulative yards

2 x 150's @ base or :05 rest
50 free/50 breast kick/50 free

300 yards
3500 cumulative yards

200 pull

200 yards
3700 cumulative yards