

# Kiefer Weekly Swim Workout - Long

February 7, 2019

## Workout #

Focus:

### Warm Up:

1000 every fourth 25 non freestyle

1000 yards

1000 cumulative yards

12 x 50's kick @ base +:30 or :10 rest

Odds flutter kick

Evens choice

600 yards

1600 cumulative yards

Descending Interval 50's:

12 x 50's

2 - base +:10

2 - base +:05

2 - base

2 - base -:05

2 - base -:10

If you aren't using an interval base do them all on :10 rest and try to descend your effort by sets of two.

600 yards

2200 cumulative yards

4 x 100's @ base +:05/:10 rest

3 x 200's @ base/:10 rest

2 x 300's @ base -:05/:05 rest

1 x 400 fast best effort

2000 yards

4200 cumulative yards

200 easy pull

200 yards

4400 cumulative yards