

# Kiefer Weekly Swim Workout - Long

March 12, 2019

## Workout #11

Focus: Backstroke

300 swim  
200 kick  
300 pull (every fourth 25 backstroke)

800 yards  
800 cumulative yards

20 x 25's fins on @ base or :10 rest

2 x

4 x 25's underwater dolphin kick

1 x 25 easy choice

4 x 25's underwater flutter kick

1 25 easy choice

500 yards  
1300 cumulative yards

3x

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

25 right arm only backstroke, 25 left arm only backstroke

2 x 150's @ base (50 free, 50 kick, 50 free)

1500 yards  
2800 cumulative yards

1000 for time  
75 backstroke, 25 fly or breast

1000 yards  
3800 cumulative yards

200 easy

200 yards  
4000 cumulative yards