

Kiefer Weekly Swim Workout - Long

March 27, 2019

Workout #13

Focus: Flip turns and finishes

400 free

Underwater turns at 25 and 75. Normal turns for 50 and 100.

200 kick your choice

200 backstroke pull

800 yards

800 cumulative yards

20 x 50's @ base with fins

Kick hands at your side on your belly, no strokes at all. You may push off in a streamline and drop your hands. Work your turn with no arm generated momentum, legs and core only.

1000 yards

1800 cumulative yards

4x

2x50's @ :15 rest flip turn every five strokes (not cycles) don't breathe in or out of your flip

4 x 25's @ :10 rest

1 - fast finish

2 - fast finish

3 - easy

4 - 25 fast!

800 yards

2600 cumulative yards

Everything on the same interval, challenge yourself! The 25 is recovery, the 75 should be extremely hard, you should not be getting more than a few seconds rest if any. For example I now do this set with everything on :50 which for me is base +:15 (roughly, works out for the 50)

4x

25

50

75

600 yards

3200 cumulative yards

200 easy pull

200 yards

3400 cumulative yards

In and Outs:

Dive a fast 12.5 and stop to reset

From the 12.5 take a fast turn and breakout, returning to wear you started, at the 12.5

Finally from the 12.5 again take a fast finish back to the wall you started on.

Repeat 10 times odds free, even's back. Take about 10-15 seconds rest at each break

500 yards
3900 cumulative yards

100 easy loosen

100 yards
4000 cumulative yards