

Kiefer Weekly Swim Workout - Long

April 2, 2019

Workout #14

Focus: Check you base

We try to do this two to three times a year. Early short course and late, and at some point during the summer in long course.

300 freestyle swim
200 freestyle drill
400 IM drill - kick - drill - swim by 25

1000 yards
1000 cumulative yards

10 x 50's @ base +:10
2 - 70% effort
2 - 80% effort
1 - 90% effort
1 - 100% effort
2 - 80% effort
2 - 70% effort

500 yards
1500 cumulative yards

Timed swim for base setting:
2000-3000 freestyle for time

Divide your final time by your distance to get your base. For example if you do a 2000 in 25 minutes your base will be roughly 1:15

2000/3000 yards
3500/4500 cumulative yards

200 loosen

200 yards
3700/4700 cumulative yards