

Kiefer Weekly Swim Workout - Long

April 23, 2019

Workout #17

Focus: Speed

200 free
100 back
200 pull
100 back pull

600 yards
600 cumulative yards

9 x 100's 50 kick/50 swim @ base +:15 or :10 rest
3 - dolphin kick/free swim
3 - flutter kick/back swim
3 - breast kick/breast swim

900 yards
1500 cumulative yards

4x (each distance on the same interval, pick something challenging, get rest on the 25, little heart rate up on the 50, and HARD on the 75. If you are getting rest on the 75 your interval is too easy)

25
50
75

600 yards
2100 cumulative yards

200 easy pull

200 yards
2300 cumulative yards

Fins on, drop your interval by 5 seconds

4x (each distance on the same interval, pick something challenging, get rest on the 25, little heart rate up on the 50, and HARD on the 75. If you are getting rest on the 75 your interval is too easy)

25
50
75

600 yards
2900 cumulative yards

200 easy pull
3100 cumulative yards

10 x 50's @ :10 rest
Scull down, backstroke back

I timed myself this morning sculling, it should take you at least :40 to do a 25 scull, if you are faster than that slow down. Feel the water, take your time. Don't kick

500 yards
3600 cumulative yards

100 your choice fast for time

100 yards
3700 cumulative yards

200 easy choice

200 yards
3900 cumulative yards