

Kiefer Weekly Swim Workout - Long

Workout #18

April 30, 2019

Focus:

Warm Up

200 swim
100 back
200 pull
100 back pull
200 kick

800 yards
800 cumulative yards

20 x 25's @ base :05 or :10 rest
One round of each stroke
Drill
Kick
Drill
Perfect
FAST

500 yards
1300 cumulative yards

3 x 150's @ base
50 back
50 kick
50 back

200 pull

3 x 150's @ base
50 kick
50 back
50 kick

200 pull

1300 yards
2600 cumulative yards

2x
2 x 100's @ :10 rest
1-100 breaststroke kick
2- scull
4 x 50's breaststroke swim @ base

800 yards

3400 cumulative yards

Fins on

20 x 25's @ base

4 underwater dolphin kick

1 recover

4 underwater flutter kick only

1 recover

500 yards

3900 cumulative yards

200 easy choice

200 yards

4100 cumulative yards