

Kiefer Weekly Swim Workout - Long

Workout #20

May 15, 2019

Warm Up

200 swim
200 kick
200 IM drill
200 pull

800 yards
800 cumulative yards

20 x 25's variable sprint pattern @ base or :10 rest
Odd rounds free
Even rounds secondary non free

500 yards
1300 cumulative yards

16 x 50's pull breath control
4 - with 5 breaths @ base -:05 or :05 rest
4 - with 4 breaths @ base or :05 rest
4 - with 3 breaths @ base +:05 or :10 rest
4 - with 2 breaths @ base +:10 or :15 rest

Start with a number of breaths you can work with, this is just a pattern example.

800 yards
2100 cumulative yards

Your choice: 10 x 100's or 1 x 1000
Regardless of your choice the entire set is 75 freestyle/25 secondary FAST
If you are doing 100's the interval is base -:05 or :10 rest
If you are doing the 1000 the 75 free isn't easy, 80% effort

1000 yards
3100 cumulative yards

200 easy pull

200 yards
3300 cumulative yards

8 x 75's kick build to fast @ base +:20

600 yards
3900 cumulative yards

100 easy loosen

100 yards
4000 cumulative yards