

Kiefer Weekly Swim Workout - Long Workout #21

May 22, 2019

Warm Up

200 free
100 dolphin kick
200 free
100 flutter kick
200 free
100 breast kick

900 yards
900 cumulative yards

4x
4 x 25's underwater dolphin kick @:30 or :10 rest
1 x 50 FAST @ base or :10 rest
1 x 50 easy @ base or :10 rest

800 yards
1700 cumulative yards

200 easy pull
75 free/25 back

200 yards
1900 cumulative yards

4x
2 x 100's @ base
1 x 125 @ the same interval as the 100's
(for example if your base is 1:30 you do the 100's and the 125's on 1:30)

1300 yards
3200 cumulative yards

4 x 25's scull @:10 rest
4 x 50's breaststroke @ base +:10 or :10 rest

4 x 25's scull @ :10 rest
4 x 50's backstroke @ base or :10 rest

600 yards
3800 cumulative yards

200 choice loosen

200 yards

4000 cumulative yards