

Kiefer Weekly Swim Workout - Long Workout #19

May 7, 2019

Warm Up

200 swim
100 dolphin kick
200 swim
100 flutter kick
200 swim
100 breaststroke kick

900 yards
900 cumulative yards

12 x 75's @ base +:10 or :10 rest
25 kick/drill/swim 3 @ each stroke

900 yards
1800 cumulative yards

2 x 100 IM's @ base
4 x 50's dolphin kick @ base +:15
Descend 1-4

2 x 100 IM's @ base
4 x 50's flutter kick @ base +:15
Descend 1-4

2 x 100 IM's @ base
4 x 50's breaststroke kick @ base +:15
Descend 1-4

1200 yards
3000 cumulative yards

4 x 200's pull @ base
75 free/25 back

800 yards
3800 cumulative yards

200 loosen

200 yards
4000 cumulative yards