

**Kiefer Weekly Swim Workout - Long
Workout #24**

June 11, 2019

Warm Up

200 free
100 dolphin kick
200 back
100 flutter kick
200 pull
100 breaststroke kick

900 yards
900 cumulative yards

10 x 150's pull
50 free - 50 back - 50 free
2 @ base + :15 or :15 rest
2 @ base +:10 or :10 rest
2 @ base +:05 or :05 rest
2 @ base or :10 rest
2 @ base -:05 or :05 rest

1500 yards
2400 cumulative yards

20 x 25's @ :10 rest
4 @ each stroke
Drill - kick - drill - swim by 25
Double up a round on your best non free stroke

500 yards
2900 cumulative yards

4 x 50's breaststroke kick @ base +:20
4 x 50's breaststroke swim @ base +:10
Pull 1-3 and descend #4 no gear FAST

2 x 50's breaststroke kick @ base +:20
2 x 50's breaststroke swim @ base +:10
Pull #1 and #2 no gear FAST

50 breaststroke kick loosen
50 breaststroke swim FAST

700 yards
3600 cumulative yards

8 x 25's @ :10 rest
Odds easy free

Evens FAST secondary

200 yards

3800 cumulative yards

200 loosen choice

200 yards

4000 cumulative yards