

Kiefer Weekly Swim Workout - Long
Workout #256

June 18, 2019

Warm Up

200 swim
200 pull
200 IM kick
200 swim

800 yards
800 cumulative yards

10 x 100's @ base +:10 or :15 rest
50 kick/50 swim

1000 yards
1800 cumulative yards

8 x 200's @ base or :15 rest
Odds IM (descend the IM's 1-4)
Evens free

1600 yards
3400 cumulative yards

20 x 25's @ :10 rest
Fins on
4 underwater dolphin kick
1 easy choice
4 underwater flutter kick only (no dolphin)
1 easy choice

500 yards
3900 cumulative yards

100 easy recover

100 yards
4000 cumulative yards