

**Kiefer Weekly Swim Workout - Long
Workout #26**

June 25, 2019

Warm Up

200 swim
100 dolphin kick
200 pull
100 dolphin kick

600 yards
600 cumulative yards

20 x 25's @ base +:10 or :10 rest
1-5 dolphin kick with a board, hands resting on the bottom, face in the water
6-10 doubles (2 right arm, 2 left, 2 both)
11-15 one stroke butterfly, one stroke breast
16-20 perfect butterfly

500 yards
1100 cumulative yards

1000 every 4th 25 fly for time!

1000 yards
2100 cumulative yards

2x
200 pull @:10 rest
100 scull @ :10 rest

600 yards
2700 cumulative yards

20 x 25's with fins 4 rounds of five @ :10 rest
1-4 underwater dolphin kick
5 recover easy

500 yards
3200 cumulative yards

2x
100 pull @ :10 rest
100 scull @ :10 rest

400 yards
3600 cumulative yards
4 x 25's on your send off, best average, butterfly

100 yards

3700 cumulative yards

200 easy

200 yards

3900 cumulative yards