

Kiefer Weekly Swim Workout - Long
Workout #23

June 4, 2019

For this workout I won't be calculating yards swum for you, keep track, record your times.

Meet Warm Up

300 swim
200 freestyle drill
100 flutter kick
400 IM drill - kick - drill - swim by 25

10 x 50's freestyle @ base +:10 or :10 rest
2 70% effort
2 80% effort
2 90% effort
2 100% effort
2 easy

Pace work:

Sprinter? 50-100 Primary Event
4 x 25's off the block

Mid distance? 200-500
4-8 50's pacework for goal time

Distance 500+
4-6 x 100's pacework for goal time

200-500 loosen

Climb out take a 5-15 break, stretch, get a drink.

Best event off the blocks for time

200-800 yards cool down