

Kiefer Weekly Swim Workout - Long
Workout #37

September 21, 2019

Warm Up:

3x

100 free

50 back

50 breast

600 yards

600 cumulative yards

3 x 200 IM's @ :15 rest

Kick/drill by 25

600 yards

1200 cumulative yards

1 x 1000 broken (take 20 seconds between distances and subtract from your final time)

400 IM

300 Back

200 IM

100 Breast

1000 yards

2200 cumulative yards

Fins on! Everything is on base or :10 rest

3x

150 - 100 kick/50 swim

100 - 50 kick/50 swim

50 - 25 SPRINT/25 easy

900 yards

3100 cumulative yards

2x

100 pull @ base +:10 or :10 rest

100 loosen relax @ :30 rest

100 FAST @ :30

600 yards

3700 cumulative yards

200 loosen choice

200 yards

3900 cumulative yards