

Kiefer Weekly Swim Workout - Long Workout #38

September 28, 2019

Warm Up:

300 free
200 IM kick drill by 25
100 pull
200 kick

800 yards
800 cumulative yards

20 x 25's @ base or :10 rest
R1: drill, kick, drill, swim freestyle
R2: open, close, easy fast freestyle
R3: drill, kick, drill, swim backstroke
R4: open, close, easy, fast backstroke
R5: drill, kick, drill, swim freestyle

500 yards
1300 cumulative yards

10 x 150's
50 swim, 50 kick, 50 swim
1-4 @ base +:10
5-7 @ base +:05
8-9 @ base
10 @ base -:05

1500 yards
2800 cumulative yards

8 x 50's backstroke @ base +:10 or :10 rest
Drill/build

400 yards
3200 cumulative yards

6 x 100's broken best average
25 - 10 rest
50 - 10 rest
25

Take :30 between each 100 to reset

600 yards
3800 cumulative yards

200 loosen choice

200 yards

4000 cumulative yards