

Kiefer Weekly Swim Workout - Long
Workout #35

September 7, 2019

Warm Up:

300 swim

200 pull

100 kick

600 yards

600 cumulative yards

8x 50's @ base +:15 or :10 rest

Odd: kick/drill

Even: drill/swim

400 yards

1000 cumulative yards

Main Set:

4x

100 free @ base +:10 or :10 rest

100 IM @ base +:15 or :15 rest

4 x 50's @ base -:05 or :05 rest

1600 yards

2600 cumulative yards

4 x 150's pull @ base +:15 or :10 rest

600 yards

3200 cumulative yards

9 x (pick one of the following options)

200's @ base +:10 or :10 rest

150's @ base +:10 or :10 rest

100's @ base +:05 or :05 rest

1800/1450/900 yards

4600/4250/3700 cumulative yards

200 loosen

200 yards

4800/4450/3900 cumulative yards