

Kiefer Weekly Swim Workout - Long

January 15, 2019

If you haven't ever set your base interval before, what better time to start than now! If you have done this before, re-evaluating is NEVER a bad idea.

Warm Up

***200 free
200 kick***

***400 yards
400 cumulative yards***

***20 x 25's @ :10 rest
1 - right arm only free
2 - left arm only free
3 - three stroke 10 kick switch
4 - perfect technique
5 - build to fast***

***500 yards
900 cumulative yards***

Pick your distance to set your base by 100.

2000 or 3000 yards for time. It should be hard, uncomfortable. This is not a 'cruise' swim. This is to help you train better the rest of the season and if you don't push your effort the benefits of this training tool will be lost.

If you do a 2000, divide your final time by 20 to get your 100 base. If you do a 3000 divide your final time by 30 to get your base. For example if I did my 3000 in 35 minutes my base time is 1:10 per 100.

***2000/3000 yards
2900/3900 cumulative yards***

Warm down a 300 alternating 50 back 50 kick

***300 yards
3200/4200 cumulative yards***