

Kiefer Weekly Swim Workout – Long

January 22, 2020

400 Freestyle Swim

**9 x 50's @ :10 rest #1 kick, #2 scull/free, #3 drill/swim non free
850 yards**

Main set:

3 x

300 pull work on high elbows and distance per cycle

4 x 100 IM's @ base +:10 or :15 rest

Descend 1-4

Bonus :30 rest

100 FAST non-free

2400 yards

3250 cumulative yards

16 x 25's @ base +:05 or :10 rest

4 of each stroke

#1 drill, #2 kick fast, #3 drill, #4 sprint swim

400 yards

3650 cumulative yards

400 IM Negative Split 100's

(Second 50 of stroke faster than the first 50)

400 yards

4050 cumulative yards

200 loosen your choice

200 yards

4250 cumulative yards