

Kiefer Weekly Swim Workout – Long

January 8, 2020

Warm Up:

400 free

400 IM - 25 kick/50 drill/25 swim of each stroke

4 x 25 – one of each stroke, build to a fast finish

900 yards

Main:

3 x 100 free @ base or :10 rest

3 x 50 fly kick on back @ base +:15 or :10 rest

3 x 100 75 free build/25 fly hard @ base or :10 rest

3 x 50 flutter kick - @ base +:15 or :10 rest

3 x 100 50 free moderate/50 back hard @ base +:10 or :10 rest

3 x 50 breast kick with board @ base +:20 or :10 rest

3 x 100 = 50 free build/50 breast hard @ base +:10 or :10 rest

3 x 50 flutter kick with board @ base +:15 or :10 rest

3 x 100 free hard @ base -:05 or :05 rest

2100 yards

3100 cumulative yards

300 pull snorkel optional

200 scull snorkel optional

500 yards

3600 cumulative yards

12 x 25 swim descend 1-4 three times your choice of stroke @ :10 rest

300 yards

3900 cumulative yards

100 easy

100 yards

4000 cumulative yards