

## **Kiefer Weekly Swim Workout – Long**

February 1, 2020

**300 Swim**  
**200 pull**  
**200 IM kick**

**700 yards**  
**700 cumulative yards**

**20 x 25's butterfly @ base +:05 or :10 rest**  
**1- Right arm only**  
**2 - left arm only**  
**3- underwater dolphin kick**  
**4- swim perfect technique**

**500 yards**  
**1200 cumulative yards**

**10 x 50's flutter kick with a board @ base +:20 or :10 rest**  
**Odds fast**  
**Evens easy**

**200 extension kick no board, kick on your side alternating which side by 25. Full leg extension with each kick. Try to touch the lane line to your front and back with each kick, stay on the middle line to balance.**

**700 yards**  
**1900 cumulative yards**

**4 x 100's**  
**Odd - 25 head up hands on the surface holding an imaginary kickboard, 25 right arm only, 25 left arm only, 25 swim**  
**Even - 50 freestyle build, 25 easy, 25 sprint**

**400 yards**  
**2300 cumulative yards**

**9 x 75's pull @ base +:10 or :10 rest**  
**1- 25 no breath, 50 perfect**  
**2- 25 perfect, 25 no breath, 25 perfect**  
**3 - 50 perfect 25 no breath**

**700 yards**  
**3000 cumulative yards**

**500 kick for time with fins as hard as you can go. Log your time.**  
**200 easy extension kick**

**700 yards**  
**3700 cumulative yards**

**200 easy**

**200 yards**  
**3900 cumulative yards**