

## **Kiefer Weekly Swim Workout - Long**

February 15, 2020

**200 swim**  
**100 flutter kick**  
**200 swim**  
**100 dolphin kick**  
**200 swim**  
**100 breaststroke kick**

**900 yards**  
**900 cumulative yards**

**2x**  
**4 x 25's mummy drill @ :10 rest**  
**4 x 50's breaststroke swim, DPC down, build back @ base +:15 or :15 rest**

**4 x 25's dolphin kick with a board (hands at the bottom, face in the water, straight arms)**  
**@ :10 rest**  
**4 x 50's fly drill down, build back @ base +:15 or :15 rest**

**1200 yards**  
**2100 cumulative yards**

**4 x 200's free (pull optional) Descend 2-4 @ base +:15 or :20 rest**  
**1 - distance per cycle**  
**2-4 descend, heart rate should START no lower than 150**

**800 yards**  
**2900 cumulative yards**

**10 x 50's kick with fins @ base +:15 or :15 rest**  
**Odds - underwater dolphin kick down, easy free back**  
**Evens - easy back down, underwater on your back back**

**500 yards**  
**3400 cumulative yards**

**6 x 100's @ base +:10 or :10 rest**  
**1-4 descend to fast**  
**5 easy recover**  
**6 faster than 4**

**600 yards**  
**4000 cumulative yards**

**200 choice recover/warm down**

**200 yards**  
**4200 cumulative yards**