

Kiefer Weekly Swim Workout – Long

February 8, 2020

200 swim
200 kick
200 pull
200 swim

800 yards
800 cumulative yards

2x
4 x 25's variable sprint pattern @ base or :10 rest
4 x 50's kick descend 1-4 @ base +:30 or :15 rest
2 x 100's build to fast finish @ base +:10 or :15 rest

1000 yards
1800 cumulative yards

Main Set:

Everything negative split, so the second half faster than the first half. This doesn't mean you go easy, then fast. I want your heart rate in the 140-150 zone and then 150+ for the second half, none of this should be easy cruising unless it says exactly that.

2 x 100's backstroke @ base +:15 or :10 rest
300 pull @ base +:10 or :15 rest
100 easy cruise
200 freestyle @ base +:10 or :15 rest
100 easy cruise
2 x 100's kick @ base +:30 or :10 rest
300 pull @ base +:10 or :15 rest
100 easy cruise

1500 yards
3300 cumulative yards

20 x 25's weak stroke @ base +:10 or :10 rest
1 - drill
2 - kick
3 - drill

4 - swim build

500 yards

3800 cumulative yards

200 easy

200 yards

4000 cumulative yards