

Kiefer Weekly Swim Workout – Long

March 1, 2020

Warm Up:

200 swim
200 pull
200 kick
200 swim

800 yards
800 cumulative yards

20 x 25's @ :15 rest all dolphin kick with a board hands resting on top of the bottom of the board not holding it, head down in the water, long arms. Lift your head to breathe every 5 kicks or more

500 yards
1300 cumulative yards

10 x 50's @ :10 rest butterfly drill
2- Right arm only down, left arm only back
2- Doubles (2 right arm, 2 left arm, 2 full strokes)
2 - freestyle recover
2- left arm only down, right arm only back
2- breakout (three perfect full strokes off the walls then easy free)

200 freestyle pull

700 yards
2000 cumulative yards

Main Set:

4x 75's @ base +:15 or :20 rest
1- 25 underwater dolphin kick, 25 butterfly swim, 25 recover easy free
2- 25 recover, 25 underwater dolphin kick, 25 butterfly swim
3 - 25 butterfly swim, 25 recover, 25 underwater dolphin kick
100 easy choice

4 x 100's @ base or :10 rest
75 free moderate, 25 fly FAST

800 yards
2800 cumulative yards

4 x 200's freestyle pull @ base +:15 or :15 rest
Moderate heart rate 140-150

800 yards
3600 cumulative yards