

Kiefer Weekly Swim Workout - Long

January 2, 2018

Threshold

Focus: Medium to long distance heart rate training.

Warm Up:

200 swim

200 pull

200 breast kick

600 yards

600 cumulative yards

10 x 50's start at the flags @ :15 rest

10 jumps off the bottom, tight streamline, try not to move any direction other than straight up and down. Full bend at the knees, HARD explosive push up! After 10 finish the lap strong perfect breast swim, then return to the flags easy free

500 yards

1100 cumulative yards

Main Set:

7x

3 x 100's

2 free @base +:10

1 75 free/25 breast @ base

2100 yards

3200 cumulative yards

20 x 25's pull @ base +:05

Odds free

Evens back

Match your cycles by 25 i.e 10 free = 10 back

500 yards

3700 cumulative yards

6 x

75 (scull, perfect, build by 25 your choice) @ base +:10

25 FAST @ :20 rest

Rounds must match in stroke, but they are all choice.

600 yards
4300 cumulative yards

200 easy loosen

200 yards
4500 cumulative yards