

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

December 19, 2018

### **Workout #3**

Focus: Breaststroke highlights.

**400 free**

**400 yards**

**400 cumulative yards**

**3x**

**4 x 50's @ base or :10 rest breathing every three strokes**

**8 x 25's @ base +:10 or :10 rest**

**Odds free**

**#2 - underwater flutter kick only**

**#4 - perfect swim**

**100 breaststroke kick no interval (reset and repeat from 50's)**

**1500 yards**

**1900 cumulative yards**

**Broken 450 for time**

**:10 rest between distances**

**50 - 75 - 100 - 100 - 75 - 50**

**Subtract 1:00 from your time at completion to account for rest.**

**450 yards**

**2350 cumulative yards**

**10 x 50's pull no buoy @ base +:10 or :10 rest**

**Underwater flip turns and powerful breakouts**

**500 yards**

**2850 cumulative yards**

**8 x 100's @ base**

**75 free heart rate 150-160**

**25 breast all out**

**800 yards**

**3650 cumulative yards**

**200 pull**

**200 yards**

**3850 cumulative yards**

**150 loosen choice**

**150 yards**

***4000 cumulative yards***