

Kiefer Weekly Swim Workout - Long

April 8, 2018

Workout #2

Focus: Aerobic free and technique.

Warm Up:

300 swim

200 pull

100 kick

600 yards

600 cumulative yards

4 x 200's every fourth 50 secondary drill @ base + :15

800 yards

1400 cumulative yards

6 x 100's @ base +:20

Seven underwater kicks off every wall

600 yards

2000 cumulative yards

Main Set:

4x

75, 50, 25

Each distance on the same interval. 75's should be touch and go, if you are getting rest, you need to drop your interval by :05 seconds.

Ex. 75, 50, 25 each @ :50 seconds

600 yards

2600 cumulative yards

8 x 75's pull @ base +:10

Descend stroke count by 25

600 yards

3200 cumulative yards

12 x 50's @ base

Descend 1-3

600 yards

3800 cumulative yards

200 loosen easy

200 yards

4000 cumulative yards