

Kiefer Weekly Swim Workout - Long

May 13, 2018

Workout #2

Focus: Turns!

Warm Up:

200 swim

200 kick

200 IM drill

200 pull

800 yards

800 cumulative yards

16 x 50's w/ underwater, fully submerged flip turns, no duck butts!

4 @ base +:10 or :15 rest

4 @ base +:05 or :10 rest

4 @ base or :05 rest

4 @ base +:10 or :10 rest

800 yards

1600 cumulative yards

Main Set(s):

12 x 100's freestyle @ base +:10 or :10 rest

1st 25 and 4th 25 five strokes (not cycles) then a flip turn

The goal is to get out of the flip FAST and make your interval. It should be challenging.

1200 yards

2800 cumulative yards

IM In and Outs @ :5-:10 rest throughout

3 @ each stroke

Race pace speed

These are essentially broken 50's with three parts. A dive, then reset, a turn, then reset, and finally a finish. You take your breaks after each part.

600 yards

3400 cumulative yards

400 pull breath control

3, 5, 7, 9 breaths by 50

400 yards

3800 cumulative yards

200 loosen choice

200 yards

4000 cumulative yards

