

Kiefer Weekly Swim Workout - Long

July 15, 2018

Workout #3

Focus: Secondary.

Warm Up:

100 free

100 secondary kick

100 free

100 secondary drill

100 free

100 pull

600 yards

600 cumulative yards

20 x 25's @ base +:10 or :10 rest

1 - secondary drill

2 - secondary kick

3 - secondary drill

4 - secondary build

500 yards

1100 cumulative yards

Main Set:

6 x 50's @ base +:10 or :15 seconds rest

All secondary

200 pull recover

6 x 50's @ base +:05 or :10 rest

All secondary

200 pull recover

6 x 50's @ base or :05 rest

All secondary

200 pull recover

1500 yards

2600 cumulative yards

**8 x 100's secondary kick @ base +:20 (for fins) +:40 (for breast) or :15 rest
(fins on if doing fly or back)**

Rotate fast 25's

1 - 25 fast, 75 easy

2 - 25 easy, 25 fast, 50 easy

3 - 50 easy, 25 fast, 25 easy

4 - 75 easy, 25 fast
Repeat

800 yards
3400 cumulative yards

3x
4 x 25's @ :10 rest
Secondary SPRINT
100 easy

600 yards
4000 cumulative yards

200 easy choice

200 yards
4200 cumulative yards