

Kiefer Weekly Swim Workout - Long

September 2, 2018

Workout #

Focus: IM

Warm Up

200 free

200 IM kick

200 IM drill

600 yards

600 cumulative yards

20 x 25's @ :10 rest

Odds free

Evens breaststroke mummy drill

500 yards

1100 cumulative yards

4 x 150's @ base +:20

1st 50 dolphin kick

2nd 50 backstroke

3rd 50 freestyle

600 yards

1700 cumulative yards

300 pull

300 yards

2000 cumulative yards

8 x 200's @ base +:20

Odds free

Evens IM descend 1-4

1600 yards

3600 cumulative yards

4 x 150's @ base +:30

50 breast kick

50 back

50 free

600 yards

4200 cumulative yards

100 loosen

100 yards

4300 cumulative yards