

Kiefer Weekly Swim Workout - Long

January 30, 2019

Workout #5

Focus: Speed

400 swim
300 IM kick-drill-swim
200 pull

900 yards
900 cumulative yards

20 x 25's @ base or :10 rest
Variable sprint pattern

500 yards
1400 cumulative yards

10 x 100's @ base
75 relaxed distance per cycle freestyle
25 SPRINT your choice of stroke, all out effort, get moving!

1000 yards
2400 cumulative yards

2x
4 x 50's pull @ base or :10 rest
2 x 75's @ base =:05 or :15 rest
25 SPRINT - 25 easy - 25 SPRINT
100 kick your choice

900 yards
3300 cumulative yards

Fins on
20 x 25's @ base or :10 rest
1 - sprint
2 - easy
3 - underwater
4 - easy

500 yards
3800 cumulative yards

200 easy loosen

200 yards
4000 cumulative yards