

Kiefer Weekly Swim Workout - Long

February 21, 2019

Workout #8

Focus: Meet Prep

You may of course use your own standard meet warm up, this is mine. The goal is to be ready to get up and go following its completion.

300 free
200 drill
100 kick
400 IM drill, kick, drill, swim by 25

1000 yards
100 cumulative yards

5 x 50's @ :15 rest
1 - 80% effort
2 - 90% effort
3 - 100% effort
4 - 80% effort
5 - easy

250 yards
1250 cumulative yards

Your choice of distance and stroke fast for time, off the blocks if possible.

Then the workout continues afterward.....

800 every fourth 25 fast secondary non free

800 yards
2050 cumulative yards

200 pull easy

200 yards
2250 cumulative yards

800 x 100's with fins @ base -:10
50 kick 50 swim

800 yards
3050 cumulative yards

200 pull easy

3250 cumulative yards

8 x 50's @ :30 rest, get moving!

Odds fast
Evens easy

400 yards
3650 cumulative yards

200 easy pull choice

200 yards
3850 cumulative yards