

## Kiefer Weekly Swim Workout - Long

April 16, 2019

### Workout #

Focus:

Warm Up

200 swim

200 kick

200 backstroke

200 pull

800 yards

800 cumulative yards

20 x 25's @ base +:05 or :10

5 x backstroke minimum 7 underwater dolphin kick

5 x free catch up

5 x backstroke minimum 7 underwater dolphin kick

5 x free catch up

500 yards

1300 cumulative yards

2 x (backstroke)

2 x 75's @ base

1 x 50 FAST @ base or :20 rest

400 yards

1700 cumulative yards

200 easy pull

200 yards

1900 cumulative yards

2 x (freestyle)

2 x 75's @ base

1 x 50 FAST @ base or :20 rest

400 yards

2300 cumulative yards

200 easy pull

200 yards

2500 cumulative yards

2 x (backstroke)

2 x 75's @ base

1 x 50 FAST @ base or :20 rest

400 yards  
2900 cumulative yards

200 easy pull

200 yards  
3100 cumulative yards

Fins on!  
20 x 50's Kick @ base or :10 rest  
Odds just make it  
Evens FAST

Your choice kick with a board or on your back working underwaters

1000 yards  
4100 cumulative yards

200 loosen

200 yards  
4300 cumulative yards