

Kiefer Weekly Swim Workout - Long

April 9, 2019

Workout #15

Focus: Open Turns

200 free

400 IM drill - kick - drill - swim by 25

200 pull

800 yards

800 cumulative yards

12 x 75's @ base +:15

Rotating IM-ish. All 50's kick to swim. Focus on your transitional turns when switching strokes at the 50.

1 - 50 fly, 25 back

2 - 50 back, 25 breast

3 - 50 breast, 25 free

4 - 75 free

900 yards

1700 cumulative yards

10 x 125's @ base

Odds free

Even's IM double your secondary non free

1250 yards

2950 cumulative yards

In and Outs! We did this a few weeks back when we were working on freestyle and backstroke flip turns. This time just fly and breast to work our open turns.

Dive a fast 12.5 and stop to reset

From the 12.5 take a fast turn and breakout, returning to wear you started, at the 12.5

Finally from the 12.5 again take a fast finish back to the wall you started on.

Repeat 10 times odds breast, even's fly. Take about 10-15 seconds rest at each break

500 yards

3450 cumulative yards

200 pull loosen

200 yards

3650 cumulative yards