

# Kiefer Weekly Swim Workout - Long Workout #22

May 28, 2019

## Warm Up

200 Swim  
200 kick  
200 pull  
200 backstroke swim

800 yards  
800 cumulative yards

3x  
100 IM drill @ :10 rest  
100 pull 50 back/50 free match your cycles taken @:10 rest

600 yards  
1400 cumulative yards

3x  
4 x 50's kick @ base +:20 or :10 rest (R1: dolphin, R2: flutter, R3: breast)  
200 IM @ base  
100 easy @ :20 rest

1500 yards  
2900 cumulative yards

Broken 200's aim for your season end goal time

2x  
4 x 50's @ base secondary (non freestyle)  
100 easy @ :30

600 yards  
3500 cumulative yards

20 x 25's @ :10 rest  
Odds scull  
Evens perfect backstroke

500 yards  
4000 cumulative yards