

Kiefer Weekly Swim Workout – Long

January 1, 2020

Warm Up:

300 swim

200 pull

100 kick

600 yards

600 cumulative yards

4 x

50's on a descending interval. Start @ base + :10 and drop :05 each 50. Or :10 rest

1 - 25 kick/25 free

2 - 25 drill/25 free

3 - 25 stroke/25 free

4 - 50 pull breath every 3

5 - make the interval

1000 yards

1600 cumulative yards

3 x

200 free swim

200 IM kick

4 x 25's

4 x 25's

200 free swim = distance per cycle, 200 IM kick = fast for time, 4 x 25's recover, second round of 4 x 25's fast for time secondary.

1800 yards

3400 cumulative yards

12 x 75's pull @ base + :10 or 10 rest

900 yards

4300 cumulative yards

200 loosen choice

200 yards

4500 cumulative yards