



Week of 1-1-24 Greenville Splash Workout #1

Warmup: 1200 > 25 minutes

300 @ 5:00 swim choice

300 @ 5:00 100 kick/100 swim alternate

300 @ 5:00 50 stroke/50 free

300 @ 5:00 swim choice

Main Set: 2850 > 56 minutes

3 x 250 (200): @ 4:30 alternate 50 swim/50 kick

4 x 200 (150): @ 4:00

- 50 fly + 150 free
- 50 fly + 50 back + 100 free
- 25 stroke / 25 free IM order
- 200 IM

4 x 150: pull free 50 fast/50 ez/50 fast @ 3:00

4 x 100: reverse IM order @ 2:00

4 x 50: fast free! @ 1:00

4 x 25: IM order FAST!! @ :40

Warmdown: 200 choice

Total: 4250 yards



Week of 1-1-24 Greenville Splash Workout #2 (Football Friday theme: Michigan VS Washington)

Warmup: 5 min choice

**First Quarter: 1st and 10 (1st 25 fast - last 10 yards fast) on 1:30
(9 minutes) > 600**

2 x 100 choice or 75 choice

2 x 100 IM or 75 IM

2 x 100 Free or 75 free

**Second Quarter: Red Zone – final 20 yards (sprint final 20 yards – FLY) on 1:15 (8
minutes) > 450**

2 x 75 (50): sprint fly

2 x 75 (50): sprint free

2 x 75 (50): sprint fly

Halftime Show: 200 social kicking (4 minutes)

Third Quarter: Pick 6 (50's) on 1:00 interval (12 minutes) > 600

6 x 50: choice swim odd: fast even: ez

6 x 50: choice kick odd: fast even: ez

**Fourth Quarter: Field goal (3 points) Touchdown (6 points) > 900
(22 minutes)**

- 6 x 25 kick with football in front (can use pull bouy)
- 6 x 25 swim holding football in one hand (can use pull bouy)
- 3 x 50 swim or kick on back holding football
- 6 x 25 tarzan (head up) freestyle with football in front
- 6 x 25 sit on football
- 3 x 50 use football as pull bouy

Total: 2750 yards (does not include warmup or warmdown)



Week of 1-1-24 Greenville Splash Workout #3

Warmup: 1000 > 30 min

200: ez swim

200: 25 drill/25 swim choice

200: 25 drill /25 kick IM order

200: pull

200: 50 back/50 free

Main Set: 1600 yards (400 per round) > 35 minutes

R1: Butterfly R2: Back R3: Breast R4: CHOICE

25 stroke :40

50 25 free/25 stroke 1:10

75 50 free/25 stroke 1:30

100 75 free/25 stroke 2:00

75 50 free/25 stroke 1:30

50 25 free/25 stroke 1:10

25 stroke :40

Freestyle Set: 900 > 23 min (R1= pull R2= free or choice)

2 x 25 swim :40 fast

2 x 50 kick 1:10 ez/fast

2 x 75 swim 1:30 ez/fast/ez

2 x 100 swim 2:00 fast/ez/fast/ez

50 ez in between rounds

Warmdown: choice 100 > 2 min

Total: 3600 yards (does not include warmdown)