



Week of 1-15-24 Greenville Splash Workout #1

Warmup: choice 8+ min

Preset: 6 x 50 (300 > 6 minutes)

odd: 25 drill/25 swim @ 1:00

even: 25 kick/25 swim @ 1:00

Second set: 700 total > 12+ minutes

250: 100 ez – 25 fast – 100 mod – 25 fast @ 4:30

200: 75 ez – 25 fast – 75 mod – 25 fast @ 3:30

150: 50 ez – 25 fast – 50 mod – 25 fast @ 2:30

100: 25 ez – 25 fast – 25 mod – 25 fast @ 1:30

Last Set: Free/Stroke mix (1400 > 40 min)

4 x through each line item below:

3 x 25 @ :30 free 50 stroke fast @ :50 interval (500)

2 x 25 @ :30 free 50 stroke fast @ :55 interval (400)

1 x 25 @ :30 free 50 stroke fast @ 1:00 interval (300)

2 x 25 stroke fast @ :40 interval (200)

Total: 2400 yards (not including warmup)



Week of 1-15-24 Greenville Splash Workout #2

Warmup: 1200 > 30 minutes

4 times thru

100 free @ 1:30

100 kick @ 2:00

100 drill @ 2:00

Preset: (fly underwater set with fins) 1000 > 22 minutes

1 x 100: 50 fly/25 underwater/25 free @ 2:00

1 x 75: 25 fly/25 underwater/25 free @ 1:40

1 x 50: 25 underwater/25 free @ 1:10

1 x 25: 25 underwater @ :40

Main Set: (Back 3 x thru Fly 3 x thru) 1500 > 32 minutes

1 x 75 back or fly fast @ 1:20

2 x 50 free (200 pace) @ 1:00

3 x 25 ez @ :40

Last Set: 12 x 25 @ :40 300 > 8 minutes

4 fly drill – flutter kick

4 fly drill – 2 right/2 left/2 regular

4 fast fly with 4 underwater dolphin kicks

Warmdown: 200 ez choice

Total: 4200 yards



Week of 1-15-24 Greenville Splash Workout #3

Warmup: 5 min choice

Pre-set: 8 minutes – 350 yards

4 x 25 board overhead kicking - flutter

5 x 50 25 swim ez – 30 second vertical kick – 25 choice build swim

Main Set: (3 times thru – 350 each round) 1050 total > 30 minutes

Round 1: freestyle

Round 2: kick flutter

Round 3: paddles

1 x 25 easy :45

1 x 100 fast 2:00

1 x 25 easy :45

1 x 75 fast 1:30

1 x 25 easy :45

1 x 50 fast 1:00

1 x 25 easy :45

1 x 25 fast :45

Masters minute after each round

Final Set: 10 minutes (can wear fins) – 500 yards

20 x 25:

Odd: 25 no breath freestyle – FAST

Even: 25 easy stroke

TOTAL: 1900 yards (does not include warmup)