



Week of 1-29-24 Greenville Splash Workout #1

Warmup: (1000 > 28 minutes)

400 swim ez

300 pull

200: 50 stroke-50 free

100 choice

Set #1: 500 kick – odd 25: ez even 25: fast (500 > 8 minutes)

Set #2: 30 x 25 @:40 5 sets of 6 x 25 (750 > 20 minutes)

Odd: ez/mod even: fast

R1: 6 x 50 = free

R2: 6 x 50 = breast

R3: 6 x 25 = back

R4: 6 x 25 = fly

R5: 6 x 25 = underwater kick

R6: 6 x 25 = choice

Set #3: 24 x 50 4 sets of 6 x 50 (1400 > 30 minutes)

All choice swims

R1: 6 x 50 @ :40 steady pace

50 ez @ 1:20

R2: 6 x 50 @ :45 faster pace than R1

50 ez @ 1:20

R3: 6 x 50 @ :50 faster pace than R2

50 ez @ 1:20

R4: 6 x 50 @ :55 all fast

50 ez @ 1:20

warmdown: choice 200

TOTAL: 3850 yards



Week of 1-29-24 Greenville Splash Workout #2

HAPPY 15th BIRTHDAY TO GREENVILLE SPLASH!! 😊

Warmup: 5 minutes choice

Set #1: 5 min social kicking – 15 ez / 15 fast (200-250)

Set #2: 15 x 25 @:30 (375 > 7.5 minutes)

Odd: ez/mod even: fast

5 x 25: free 5 x 25: pull 5 x 25: free

Set #3: 15 x 50 (750 > 12.5 minutes)

All choice swims

R1: 5 x 50 @ :45 steady pace

R2: 5 x 50 @ :50 faster pace than R1

R3: 5 x 50 @ :55 faster pace than R2

Set #4: 15 x 25 @ :40 (375 > 10 minutes)

Odd: fast even: ez/mod

5 x 25: fly 5 x 25: back 5 x 25: breast

Set #4: 15/15/15 set (750 > 15 minutes)

15 sec ez/15 sec fast then 15 sec rest (25 ez/25 fast/15 sec rest repeat)

5 x 50: free 5 x 50: stroke 5 x 50: choice (can use as warmdown)

TOTAL: 2450 yards



Week of 1-29-24 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

250: ez swim

5 x 50: 50 back/50 free

250: pull

5 x 50: 50 free/50 kick

Main Set: each round 750 (3000 total > 56 minutes)

All choice swims – 4 rounds

R1 = free R2= kick R3= stroke R4= choice

5 x 25 @ :30 odd: fast even: ez

5 x 50 @ 1:00 odd: 15 sec ez/15 sec fast even: 15 sec fast/15 sec ez

5 x 75 @ 1:20 15 sec ez/15 sec fast/15 sec ez/15 sec fast

**can do kick and stroke round on :40 interval for 25 and 1:30 interval for 75*

Warmdown: choice

TOTAL: 4000 yards