



Week of 2-12-24 Greenville Splash Workout #1

(Mardi Gras workout: Purple, Gold and Green)

Warmup: 1000 > 25+ minutes

200 ez swim @ 4:00

4 x 50 1:10 choice stroke

200 kick @ 4:00

4 x 50 1:00 swim build

200 choice swim @ 4:00

Purple (Justice) Pre-set: 400 > 11 minutes

4 x 50 board overhead kicking – flutter @ 1:15

4 x 50 25 swim ez – 30 sec vertical kick – 25 swim build @1:30

Green (Faith) Fly Set: 1400 > 30 min

5 x 50: 25 fly/25 free @ 1:00

100 swim choice @ 2:00

5 x 50: 25 free/25 fly @ 1:00

100 swim choice @ 2:00

5 x 50: odd: choice even: fly @ 1:00

100 swim choice @ 2:00

5 x 50: all fast fly @ 1:15

100 swim choice @ 2:00

Gold (Power) Freestyle Set: 800 > 16 min

4 x 25 fast @ :30

2 x 50 ez/fast @ 1:00

4 x 25 fast @ :30

2 x 100 choice stroke/IM @1:45

4 x 25 fast @ :30

2 x 50 ez/fast @ 1:00

4 x 25 fast @ :30

Warmdown: 200 choice > 4 min

TOTAL: 3,800 yards



Week of 2-12-24 Greenville Splash Workout #2

(Flotation Friday workout)

Warmup: choice – 5 minutes

16 x 25 (400 total) > 10 min

Noodle: doggie paddle, head up

Pull Buoy: ankles, catch up drill

Kickboard: flutter, breast, dolphin, choice

Fins: underwater kicking

Main Set: 2400 > 36+ minutes

300 kick @ 5:00 25 choice/25 underwater *with fins* (2)

2 x 150 @ 3:00 keep fins/add one flotation device (3): 100 ez/50 fast

3 x 100 @ 2:00 keep fins/add another flotation device (4): 25 fast/25 ez/25 fast/25 ez

4 x 75 @ 1:30 drop one flotation device (3): descend 1-4

6 x 50 @ 1:00 drop another flotation device (2) all fast!

12 x 25 @ :40 no flotation devices! Choice: ez/fast

TOTAL WORKOUT: 2800 yards plus warmup



Week of 2-12-24 Greenville Splash Workout #3

Warmup: 10 min choice swim

Preset: 600 > 12 minutes

6 x 100 – with fins

2 x thru: 75 kick/25 swim stroke (fly/back/breast) @ 2:00

Main Set: IM Set - 2600 > 50 minutes

200 IM: IM order > 25 stroke/25 free @ 3:30

4 x 50 FLY 1:00

200 IM – 50 fly, 25 Back/25 free, 25 Breast/25 free, 50 free @ 3:30

4 x 50 BACK 1:00

200 IM: 50 fly, 50 back, 25 breast/25 free, 50 free @ 3:30

4 x 50 BREAST @ 1:10

200 IM @ 3:30

4 x 50 free @ 1:00

-----MASTERS MINUTE-----

2 x 50 FLY @ 1:00

200 IM: Free/Back/Breast/Free @ 3:15

2 x 50 BACK 1:00

200 IM: Free/Free/Breast/Free @ 3:15

2 x 50 BREAST @ 1:10

200 Free @ 3:15

2 x 50 free @ 1:00

Last Set: 16 x 25s: 400 - 11 minutes

4 rounds: IM order or stroke/free @ :40

Total: 3600 yards (not including warmup or cool down)