



Week of 2-19-24 Greenville Splash Workout #1

Warmup: 800 > 25+ min

200 choice swim

4 x 50: 25 drill/ 25 swim

200 pull

4 x 50: 25 kick/25 swim

Free Set: 1700 > 30 minutes

4 x 150 (125) free @ 2:30 (descend 1-4)

50 ez choice – active recovery

4 x 100 (75) free @ 1:30 (descent 1-4)

50 ez choice – active recovery

4 x 75 (50) free @ 1:15 (descend 1-4)

50 ez choice – active recovery

4 x 50 free @ 1:00 (descend 1-4)

50 ez choice – active recovery

Stroke Set: 2100 > 40 min

R1 = stroke 25 = fly 75 = back 50 = breast

R2 = kick

R3 = choice

6 x 25 @ :40 odd: ez even: fast

2 x 75 @ 1:20 fast/ez/fast

3 x 50 @ 1:10 ez/fast

(break after each round)

Total: 3850 yards



Week of 2-19-24 Greenville Splash Workout #2

Warmup: 10 min choice

Main Set: 2000 > 40+ min

4 x 50: 25 kick/25 free @ 1:00

4 x 50: 25 kick/25 back @ 1:00

4 x 50: 25 breast kick/25 breast @ 1:10

4 x 50: 25 dolphin kick/25 fly @ 1:00

4 x 50: all FAST! Choice swim @ 1:10

4 x 50 @ :55

4 x 50 @ :50

4 x 50 @ :45

4 x 50 @ :40

4 x 50: 25 swim moderate – get out dive back in – 25 fast @ 1:10

Warmdown: 200 ez swim

TOTAL WORKOUT: 2200 yards (not including 10 min warmup)



Week of 2-19-24 Greenville Splash Workout #3

Warm up – 1000 > 30 minutes

3 x 100 swim choice
4 x 50: 25 drill / 25 swim
3 x 100 pull
4 x 50: swim build

Set #1 24 x 25 600 > 16 minutes

6 x 25 kick @ :40 odd: fast even: ez
6 x 25 free @ :40 odd: fast even: ez
6 x 25 kick @ :40 odd: fast even: ez
6 x 25 stroke @ :40 odd: fast even: ez

Set #2: IM/stroke/choice set 1200 > 24 minutes

R1 = IM R2 = stroke R3 = choice

1 x 100 @ 2:00 25 strong/75 easy
1 x 100 @ 2:00 50 strong/50 easy
1 x 100 @ 2:00 75 strong/25 easy
1 x 100 @ 2:00 100 strong

Set #3 24 x 25 600 > 14 minutes

6 x 25 choice @ :40 all fast
6 x 25 choice @ :30 mode pace
6 x 25 choice @ :40 all fast
6 x 25 choice @ :30 mode pace

Warm down: 200 ez choice

Total: 3600 yards