



## Week of 3-11-24 Greenville Splash Workout #1

### Warmup: 1000 > 30 minutes

2 x 200 ez swim choice  
3 x 100 pull no paddles  
4 x 50 25 stroke/25 free  
4 x 25 back/free

### Set #1 kicking set: 300 without fins > 9 min

6 times thru (6 x 50)  
25 ez > 30 sec vertical kick > 25 build back to start

### Set #2 8 x 25 @ :40 200 > 5.5 minutes

streamline for distance. see how far you can go without kicking.

### Set #3 dolphin kick with fins: 8 x 50 @ 1:00 400 > 8 minutes

Kick on back/arms at side/focus on undulating from sternum down to toes

### Set #4 Free Set 1800 > 30 min

2 times through – **no equipment** – interval lane can hold with :10 rest

4 x 100 intervals: 1:20/1:30/1:40/1:50/2:00

4 x 75 intervals: 1:05/1:10/1:15/1:20/1:25

4 x 50 intervals: :45/:50/:55/1:00/1:05

**repeat**

**Warmdown:** 4 x 50 choice > 5 min

**Total: 3900 yards**



## Week of 3-11-24 Greenville Splash Workout #2

### Warmup: 900 > 30 minutes

300 Free, 300 Back/Free mix, 300 as 150 kick, 150 swim

### Drill / Technique Set: 8 x 50 @ 1:00 interval 400 > 8 minutes

# 1-2 Not crossing over midline: Reach with hands towards both corners of the pool as you enter

#3-4 Rotation: Take each stroke as if it is the last stroke reaching for the wall

#5-6 Catch: Concentrate on feeling the water with your finger tips

#7-8 DPS: Distance per stroke, work on low stroke count

### Main Set: 2400 > 46 minutes

3 x 300 Descend 1-3, 45 seconds rest

#1 work on technique / drills

4 x 50 Kick @ 1:10

3 x 200 Descend 1-3, 30 seconds rest

# 1 work on technique / drills

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

3 x 100 Descend 1-3, 20 seconds rest

#1 work on technique / drills

4 x 50 25 sprint / 25 easy @ 1:00

**Cool Down:** 200 ez choice

**Total: 3900 yards**



## **Week of 3-11-24 Greenville Splash Workout #3**

*(St. Patrick's Day Themed workout)*

**Warmup:** 10 min choice

**Main Set: 2100 > 48 minutes**

**Patty's pushups:** 300

2 x 150 (100) 25 swim 4 wall pushups / 50 swim 4 wall pushups / 50 swim 4 wall pushups – 25 back to start

**Guinness Glute kicks:**

6 x 50 kick: 25 underwater dolphin – 25 kick choice @ 1:05

**Lucky (Leaping) Leprechauns:**

4 x 75: 25 dolphin dives – 25 swim – 25 dolphin dives

**Pot of Gold:** 6 x 50: 25 fast swim – 30 sec vertical kick – 25 ez back

**Pulling up 4 leaf Clovers:** 3 x 100 (2 x 75/50) pull @ 1:30 descend 1-3

**Shamrock Shuffle:** 75-25-100-50-25-25 10 sec rest (25s are fly)

**Celtic Crunches:** (4 x 50) 25 ez – get out dive back in – 25 fast

**Blarney Relays (100):** 4 x 25 fast (4 per team) one of each stroke

**Total: 2100 yards (not including warmup or cooldown)**