



Week of 3-18-24 Greenville Splash Workout #1

Warmup: 5 min choice

Preset: kicking 500 > 15 min

5 min: 15 fast/15 ez

5 x 50 @ 1:00 25 ez kick/25 underwater dolphin

5 min: 15 ez/15 fast

Main Set: 1650 > 34 min

2 x (25 fast fly @ :30 + 50 ez free @ 1:00)

2 x (25 fast fly @ :30 + 25 ez free @ :30)

2 x 25 fast fly @ :30

100 ez @ 2:00

2 x (50 fast breast @ 1:05 + 50 ez free @ 1:00)

2 x (50 fast breast @ 1:05 + 25 ez free @ :40)

2 x 50 fast breast @ 1:05

100 ez @ 2:00

2 x (75 fast back @ 1:20 + 50 ez free @ 1:00)

2 x (75 fast back @ 1:20 + 25 ez free @ :40)

2 x 75 fast back @ 1:20

100 ez @ 2:00

Total: 2150 yards (does not include warmup or cooldown)



Week of 3-18-24 Greenville Splash Workout #2

Warmup: 8-10 minutes choice

Preset: 400 > 9.5 minutes

4 x 50 @ 1:00 pull with buoy only focus on distance per stroke

8 x 25 @ :40 odd: kick choice even: choice swim

Main Set: 1200 per round > 2400 (39 minutes)

Round 1: free (no equipment)

Round 2: stroke/free/IM/kick choice (can use fins)

*note: pick interval below where you would get 5-10 sec rest

3 x 50 @ :50 / :55 / 1:00

2 x 50 @ :45 / :50 / :55

1 x 50 @ :40 / :45 / :50

1 x 100 ez choice @ 2:00

2 x 50 @ :50 / :55 / 1:00

2 x 50 @ :45 / :50 / :55

2 x 50 @ :40 / :45 / :50

1 x 100 ez choice @ 2:00

1 x 50 @ :50 / :55 / 1:00

2 x 50 @ :45 / :50 / :55

3 x 50 @ :40 / :45 / :50

1 x 100 ez choice @ 2:00

Total: 2800 yards (does not include warmup)



Week of 3-18-24 Greenville Splash Workout #3

**note: long course intervals adjust for short course*

Warmup: 1000 > 20 min

300 ez swim

200 drill/swim choice

2 x 100 50 kick/50 swim

6 x 50 25 stroke/25 free

Main set: 3 times thru – (1000 per round) = 3000 > 70 min

Round 1 = free or pull

Round 2 = stroke IM order for 50s / 100 = IM

Round 3 = kick/swim = 50s and 100 = choice)

3 x 50 fly drill/swim: 25 fly arms - flutter kick / 25 fly @ 1:15

100 IM @ 2:00

3 x 50 back drill/swim: 25: 3R-3L / 25 back @ 1:15

100 IM @ 2:00

3 x 50 breast drill/swim: 25 with flutter kick/25 breast @ 1:15

100 IM @ 2:00

3 x 50 Free drill: 25 catchup drill / 25 free @ 1:15

100 IM @ 2:00

Total: 4000 meters