



## **Week of 3-25-24 Greenville Splash Workout #1**

### **Warmup: 1000 > 30 minutes**

200 free ez swim

2 x 100 free/stroke alternate

4 x 50 kick choice

2 x 100 25 drill/25 swim alternate

200 ez pull with buoy only

### **Main Set: 1200 > 28 minutes (2400 > 56 min)**

***Round 1: 200 = free 50 = stroke IM order***

***Round 2: 200 = IM or 25 stroke/25 free 50 = free***

200 @ 4:30

2 x 50 @ 1:15

200 @ 4:30

2 x 50 @ 1:15

200 @ 4:30

2 x 50 @ 1:15

200 @ 4:30

2 x 50 @ 1:15

**Warmdown: 200 choice**

**Total: 3600 meters**



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

**\*note: Special Good Friday workout**

**Warmup:** 10 minutes choice

### **First set: 600 yards > 20 minutes**

4 X 50: 25 free/4 streamline jumps/25 free back to wall (5 min)

4 x 50: 25 kick/vertical kick for 30 sec/ 25 kick (6 min)

4 x 50: doggie dig 25/4 streamline jumps/25 doggie dig (6 min)

### **Main Set: 1900 > 36 minutes**

**4 x 25:** kick – tombstone kicking @ :40

**4 x 50:** 25 tarzan drill (pushing plastic easter egg)/25 swim @ 1:00

**4 x 25:** kick – zombie arms @ :40

**4 x 75:** 25 stroke/25 free/25 stroke OR free/stroke/free @ 1:30

**4 x 25:** free holding 2 plastic easter eggs @ :40

**4 x 100:** pull @ 1:45 **OR** 3 x 100 @ 2:00 descend 1-4

**4 x 25:** kick choice @ :40

**4 x 125:** 75 smooth/50 fast free @ 2:15 **OR** 4 x 100 @ 2:15

**4 x 25:** back or fly holding one plastic easter egg @ :40

**Warmdown:** 4 x 50 ez or 200 choice ez

**TOTAL: 2700 (does not include warm up)**



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

### Warmup: 1000 > 30 min

200 ez swim  
4 x 50 25 drill/25 swim choice  
200 ez pull  
4 x 50 25 back/25 free  
200 swim build

### Main set: 1800 > 34 min

2 x 100 @ 2:00 25 kick / 75 free  
200 pull @ 3:30  
2 x 100 @ 2:00 50 kick / 50 free  
200 pull @ 3:30  
2 x 100 @ 2:00 75 kick / 25 free  
200 pull @ 3:30  
2 x 100 @ 2:00 75 free / 25 kick  
200 pull @ 3:30  
2 x 100 @ 2:00 50 free / 50 kick

### Last Set: 1000 > 23 minutes

4 x 50 @ 1:10 25 kick/25 free  
4 x 50 @ 1:10 50 free swim descend 1-4  
4 x 50 @ 1:10 25 free/25 kick  
4 x 50 @ 1:10 50 stroke IM order  
4 x 50 @ 1:10 50 choice descend 1-4

### **Warmdown: 200 ez choice**

**TOTAL: 4000 meters**