



## Week of 3-4-24 Greenville Splash Workout #1

### Warmup: 1000 > 30 minutes

300 choice swim

200 pull

100 kick

4 x 50 stroke/free

8 x 25 choice swim build

### Main Set: Repeats of 4 x 50 on your fastest interval: 2400 > 44 minutes

4 x 50 dolphin kick @ :50

100 ez swim @ 2:00

4 x 50 fly @ :50

100 ez swim @ 2:00

4 x 50 flutter kick on back @ :50

100 ez swim @ 2:00

4 x 50 backstroke @ :50

100 ez swim @ 2:00

4 x 50 breast kick @ 1:00

100 ez swim @ 2:00

4 x 50 breaststroke @ 1:00

100 ez swim @ 2:00

4 x 50 flutter kick @ :50

100 ez swim @ 2:00

4 x 50 free @ :45

100 ez swim @ 2:00

### Last set: 24 x 25 > 600 > 10 minutes

Choice of stroke – odd: ez even: fast

6 x 25 @ :40

6 x 25 @ :35

6 x 25 @ :30

6 x 25 @ :25

**Total: 4000 yards**



## **Week of 3-4-24 Greenville Splash Workout #2**

**Warmup:** 5 min choice

**4 x 50 @ 1:00 200 > 4 minutes**

**Freestyle Flutter kick focus – *put force in your kicking movement***

1. Start with a length using very little kick
2. Start to increase the intensity of the legs
3. Drive stroke from the legs - allow arms to match rhythm
4. On the fastest swim – shift your attention to over kicking

**4 x 50 @ 1:00 200 > 4 minutes**

**Stroke Count Focus**

1. Easy – count strokes
2. Keep stroke count the same push off with more intensity
3. More Intense – kick faster
4. Stronger pushoff – stronger pull – stronger kick

**Ladder Set: 500 > 10 minutes**

Complete ladder 2 times through:

25 – kick on back @ :40

50 – drill @ 1:00

75 – 25 left arm – 25 right arm- 25 full stroke @ 1:20

100 – fast @ 2:00

**500 yards**

**Free/IM/Stroke Set: 1400 > 22 minutes**

**2 rounds (R1 = free R2 = stroke or IM)**

#1 is moderate pace #2 is hard, broken :10 at the halfway point

2 x 200: take :10 at the 100

2 x 100: take :10 at the 50

2 x 50: take :10 at the 25

**Total: 2300 yards (does not include warmup or cooldown)**



## Week of 3-4-24 Greenville Splash Workout #3

### **Warmup: 900 > 20 minutes**

300 ez swim

3 x 100 pull

6 x 50 25 kick/25 swim

### **Set #1: 2100 > 48.5 minutes**

*3 times through*

200 free @ 3:15

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

200 IM strong @ 3:45

100 ez choice kick @ 2:00

### **Set #2 1050 > 19.5 minutes**

*3 times through*

100 free @ 1:45

100: 50 back/50 free @ 1:45

100 backstroke strong @ 1:45

50 ez choice kick @ 1:15

### **Set #3 525 > 12 minutes**

*3 times through*

50 free @ 1:00

50: 25 breastroke/25 free @ 1:05

50 breastroke strong @ 1:10

25 ez choice kick @ :45

**Total: 4575 yards**