



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

*\*long course intervals*

### **Warmup: 1000 > 30 min**

3 x 100 ez free

6 x 50 25 back / 25 free

2 x 100 pull

4 x 50 kick choice

### **Main set: 3000 > 58 min**

5 x 100 free/pull @ 1:45 OR 4 x 100 @ 2:15

400 IM 50 stroke/50 free OR 25 stroke/75 free @ 8:00

3 x 100 free/pull @ 1:40 OR 2 x 100 @ 2:10

200 IM or 25 stroke/25 free @ 4:00

100 free @ 2:00 strong pace

100 kick @ 2:00 strong pace

200 IM 25 kick/25 swim @ 4:00

300 pull get faster by each 100 @ 5:30

400 IM @ 8:00

5 x 100 @ 1:30 OR 4 x 100 @ 2:00

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

**TOTAL: 4200 meters**



## Week of 4-1-24 Greenville Splash Workout #2

*\*long course intervals*

### **Warmup: 1000 > 30 min**

200 ez free

2 x 100 50 back/50 free

200 ez pull

2 x 100 50 kick/50 swim

200 choice

### **Preset: 600 > 12 min**

4 x 150 @ 3:00

50 kick/50 drill/50 swim choice

### **Main set: 2500 > 49 min**

6 x 50 @ 1:10 choice

200 ez pull @ 4:00

6 x 50 @ 1:00 choice

200 ez pull @ 4:00

6 x 50 @ :55 choice

200 ez pull @ 4:00

6 x 50 @ :50 choice

200 ez pull @ 4:00

6 x 50 @ :45 choice

200 ez pull @ 4:00

**TOTAL: 4100 meters**



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

*\*long course intervals*

### **Warmup: 800 > 25 minutes**

2 x 200: 100 swim/100 kick

2 x 100: 50 choice drill/50 choice swim

4 x 50: 25 back/25 free

### **First set: 1600 > 32 minutes**

2 x 250: free/pull @ 5:00

2 x 200: 50 kick choice/50 swim alternate @ 4:00

3 x 150: 50 free/50 stroke (IM order)/50 free @ 3:00

150: 50 free/50 back/50 free

2 x 100: IM @ 2:00

50: choice fast!

### **2<sup>nd</sup> Set: 1800 > 32 minutes**

3 x 100 free @ 1:45 descent 1-3

6 x 50 choice swim @ 1:00 odd: fast even: ez

3 x 100 stroke @ 2:00 ) OR 50 stroke/50 free

3 x 100 free @ 1:40

6 x 50 choice swim @ 1:00 odd: ez even: fast

3 x 100 stroke @ 2:00 OR 50 stroke/50 free

**Total: 4200 meters**