



Week of 5-6-24 Greenville Splash Workout #1

**long course intervals (Open water themed)*

Warmup: 1000 > 25+ minutes

400 free swim ez @ 8:00

300 stroke/free swim @ 6:00

200 25 kick/25 swim @ 4:00

100 choice @ 2:00

Preset: 600 > 12 minutes

6 x 100 free drill @ 2:00

Odd: 5 strokes tarzan drill and 7 strokes normal free

Even: 10 strokes free and 4 strokes breast

Main Set: 2100 > 41.5 minutes

3 x 200 free no turn swims – do not touch the wall @ 4:00

6 x 100 free 5 strokes – practice alligator eyes – sight breathing @ 1:45

6 x 50 drafting – swim right/left hip – proper draft position @ 1:00

6 x 50 drafting – 2 or 3 swimming down lane at same time @ 1:00

6 x 50s 25 kick – tread water 10 seconds – 25 swim fast 1:10

Warmdown: 200 choice

Total: 3900 meters



Week of 5-6-24 Greenville Splash Workout #2

****long course intervals***

Warmup: 1000 > 30 minutes

300 ez swim

2 x 100: 50 free/50 stroke

300 pull long strokes

2 x 100: 50 kick/50 swim

Preset: 500 > 12 minutes

10 x 50 @ 1:10

Odd: 25 drill/25 swim choice

Even: 25 kick/25 swim choice

Main Set: 2000 > 40 minutes

5 times through (1 x 200 then 4 x 50)

Round 1 50's: 25 fast/25 easy @ 1:00

Round 2 50's: 25 easy/25 fast @ 1:00

Round 3 50's: descend 1-4 @ 1:00

Round 4 50's: 1:00, :55, :50, :45 intervals

Round 5 50's: 1 fast/1 ez/1 fast/1 ez @ 1:10

1 x 200 @ 4:00 choice swim/kick

4 x 50 (see above – each round changes)

Warmdown: 200 choice

Total: 3700 meters



Week of 5-6-24 Greenville Splash Workout #3

**long course intervals*

Warmup: 1000 > 30 min

400 swim/kick/pull/swim – mix up

300 pull

200 kick

100 choice

Kick/Swim (with Fins on kick): 900 > 18 minutes

150 swim/pull @ 3:00 long strong

3 x 50 kick @ 1:00

200 swim/pull @ 4:00 negative split

2 x 50 kick @ 1:00

250 swim/pull @ 5:00 50 ez/50 fast alternate

1 x 50 kick @ 1:00

IM/Stroke: 1500 > 33 minutes

300 IM @ 6:00 (can do stroke/free)

4 x 50 25 stroke/25 free 1:10 IM order

200 IM @ 4:00

6 x 50 25 stroke/25 free 1:10 IM order

100 IM @ 2:00

8 x 50 25 stroke/25 free 1:10 IM order

Sprint Set: 500 > 10 minutes

5 x 50 odd: ez even: fast @1:00

5 x 50 2 fast/1 ez/2 fast @ 1:00

Total: 3900 meters