



Week of 10-28-24 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

250 swim choice

250 50 kick/50 swim choice

250 pull

250 50 stroke/50 free

Main Set: 3000 > 40 minutes

Round 1/2: 150 = pull 100 = free 50s = kick flutter 25s = fast free

Round 3/4: 150 = IM 100 = IM or stroke 50 = kick dolphin 25 = IM
order

Round 5/6: 150 = choice 100 = kick choice 50 = pull 25 = choice fast

150 @ 2:30

100 @ 2:00

3 x 50 @ 1:00

4 x 25 @ :30

Take a short break after each round

Warmdown: 5 x 50 odd: ez free even: ez back

Total: 4250 yards



Week of 10-28-24 Greenville Splash Workout #2

Warmup: 1000 yards > 30 minutes

400: 50 swim/50 drill choice

300: 50 swim/50 back

200: pull

100: kick

Preset: 500 > 10 minutes

4 x 75: 25 swim/25 kick/25 swim

4 x 50: 25 kick/25 swim

Main Set: 2500 > 45 minutes

4 x 100 @ 1:40

4 x 75 @ 1:20

4 x 50 @ 1:00

4 x 25 @ :30

3 x 100 @ 1:40

3 x 75 @ 1:20

3 x 50 @ 1:00

3 x 25 @ :30

2 x 100 @ 1:40

2 x 75 @ 1:20

2 x 50 @ 1:00

2 x 25 @ :30

1 x 100 @ 1:40

1 x 75 @ 1:20

1 x 50 @ 1:00

1 x 25 @ :30

Total: 4000 yards



Week of 10-28-24 Greenville Splash Workout #3

“kicking it up a notch”

Warm up: 10 minutes choice

Preset: 600 > 12 minutes

3 x 200 (150): 25 swim > 4 streamline jumps / 50 swim > 4 streamline jumps / 50 swim > 4 streamline jumps / 50 swim > 4 streamline jumps / 25 swim to start

Main set: 1400 > 30 min

8 x 25 @ :30 freestyle with a six beat kick with paddles (kick 2 times faster than arm stroke)

4 x 50 @ 1:10 25 kick/25 swim continuing fast six beat kick

8 x 25 @ :40 no gear – 10 yards fast kicking and then 15 yards with same kick intensity swim

4 x 50 @ 1:00/:50/:40 with fins – 25 fast kicking into 25 fast swimming

8 x 25 @ :40 kicking no gear

4 x 100 @ 1:40/1:50/2:00 50 kick fast/50 swim fast (can wear fins to go fast)

Warmdown: 4 x 50 ez

Total: 2200 yards (not including warmup)