



## **Week of 2-3-25 Greenville Splash Workout #1**

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

200 ez swim

2 x 100: 50 kick/50 swim

200 pull

2 x 100: 25 stroke/25 free

4 x 50 build

### **Kicking set: 5 minutes 20 ez/20 fast (250)**

### **Main Set: 2700 > 45 minutes**

6 x 150 @ 2:30 100 free moderate :10 sec rest / 50 sprint free

6 x 125 @ 2:00 100 free moderate :10 rest / 25 sprint stroke

6 x 100 @ 1:40 75 free moderate :10 rest / 25 sprint free

6 x 75 @ 1:20 50 free moderate :10 rest / 25 sprint stroke

### **Kicking set: 5 minutes 15 ez/15 fast (250)**

**Warmdown:** 200 (alternate 25 free/25 back)

**TOTAL: 4200 yards**



## **Week of 2-3-25 Greenville Splash Workout #2**

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

200: swim choice

2 x 100: 25 kick/25 free alternate

4 x 50: 25 drill stroke IM order/25 free alternate

2 x 100: 25 kick/25 swim alternate

200: pull

### **Main Set – 2700 yards – 60 minutes**

#### ***Round 1 – 900 yards***

8 x 25 fly @ :40

100 free @ 2:00

4 x 50 back @ 1:00

100 free @ 2:00

2 x (or 75) 100 breast @ 2:00

100 free @ 2:00

#### ***Round 2- 900 yards***

8 x 25 back @ :40

100 free @ 2:00

4 x 50 breast @ 1:00

100 free @ 2:00

2 x (or 75) 100 fly @ 2:00

100 free @ 2:00

#### ***Round 3 – 900 yards***

8 x 25 breast @ :40

100 free @ 2:00

4 x 50 fly @ 1:00

100 free @ 2:00

2 x (or 75)100 back @ 2:00

100 free @ 2:00

### **Warmdown: 200 ez swim**

**Total: 3900 yards**



## Week of 2-3-25 Greenville Splash Workout #3

### Warmup: 1000 > 30 minutes

4 x 100: alternate 25 ez swim/25 ez drill choice)

200 pull – focus on DPS

4 x 50 odd: free even: ez stroke

200 kick

### Broken 200s: (2 times thru) 3000 > 60 minutes

**R1 = free R2 = choice stroke, kick, free, pull**

1. 50 – 75 – 50 – 25 > :30 base (4:00) – 5 sec rest  
50 easy @ 1:00
2. 50 – 75 – 50 – 25 > :40 base (4:00) – 10 sec rest  
50 easy @ 1:00
3. 25 – 50 – 50 – 25 – 25 – 25 > :30 base (4:00) – 5 sec rest  
50 easy @ 1:00
4. 25 – 50 – 50 – 25 – 25 – 25 > :40 base (4:00) – 10 sec rest  
50 easy @ 1:00
5. 50 – 50 – 75 – 25 > :30 base (4:00) – 5 sec rest  
50 easy @ 1:00
6. 50 – 50 – 75 – 25 > :40 base (4:00) – 10 sec rest  
50 easy @ 1:00

Warmdown: choice 150 ez

**Total: 4150 yards**