



Week of 6-9-25 Greenville Splash Workout #1

Warm up: 1000 > 30 min

250 ez swim/pull

250: 50 swim/50 kick alternate

5 x 50: odd: free even: stroke

5 x 50: pull working on distance per stroke

First set: 1200 > 26 min

1 x 100 @ 2:15 kick

4 x 50 swim choice @ 1:00 descend 1-4

1 x 100 @ 2:15 kick

4 x 100 swim choice @ 2:00 neg split

1 x 100 @ 2:15 kick

4 x 50 swim choice @ 1:00 descend 1-4

1 x 100 @ 2:15 kick

Second set: 1800 > 31 min

8 x 50 @ :50 pace NO GEAR

1 x 400 @ 6:30 PULL

6 x 50 @ :50 pace NO GEAR

1 x 300 @ 5:00 PULL

4 x 50 @ :50 strong NO GEAR

1 x 200 @ 4:00 best effort PULL

Warmdown: choice 200

Total: 4400 meters



Week of 6-9-25 Greenville Splash Workout #2

Warmup: 800 > 25+ min

200 ez swim choice
2 x 100: 50 free/50 stroke
200 pull
2 x 100: 50 kick/50 swim

First Set: 1600 > 31.5 min

2 x 50 free – focus on walls – past flags @ 1:00
3 x 100 IM: kick one of 25s – dolphin kick @ 2:00
2 x 50 breast: focus on underwater pullouts @ 1:10
3 x 100 free pull: breathe 3/5 per 25 @ 1:45
2 x 50 back: focus on wall pushoffs and underwater dolphin @ 1:10
3 x 100 IM: kick one of 25s – breast or flutter kick @ 2:00
2 x 50 fly: focus on wall pushoffs @ 1:10
3 x 100 free pull: breathe 3/5 per 25 @ 1:45

Second Set: 1600 > 33 minutes

2 x 50: 25 flutter kick / 25 free @ 1:10
3 x 100: 25 stroke/75 free @ 1:50 *stroke fast*
2 x 50: choice kick @ 1:10
3 x 100: 75 free/25 stroke @ 1:50 *free fast*
2 x 50: 25 dolphin kick / 25 free @ 1:10
3 x 100: 25 free/50 stroke/25 free @ 2:00 *stroke-fast*
2 x 50: choice kick @ 1:10
3 x 100: 50 stroke/50 free @ 2:00 *all fast*

Warmdown: 200 ez choice

Total: 4200 meters



Week of 6-9-25 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

1 x 200 ez swim
2 x 100 pull
4 x 50 stroke choice
2 x 100 alternate 25 drill/25 swim
1 x 200 alternate 50 free/50 stroke

Kick set: 400 > 9.5 minutes

1 x 200 @ 4:30
4 x 50 @ 1:15 25 ez/25 fast flutter

Freestyle set: 1400 > 25 minutes

4 x 200 @ 3:30 long & strong
4 x 100 @ 1:45 negative split
4 x 50 @ :50 NO GEAR descend 1-4

Sprint set: 800 > 22 minutes

2x thru below:
2 x 100 @ 3:00 sprint – all out fast choice
2 x 50 @ 1:30 sprint – all out fast choice
1 x 100 @ 2:00 easy

Warmdown: 4 x 50 choice

Total: 3800 meters