



Week of 8-25-25 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

400 alternate 100 free/100 back
300 pull
200: 50 drill/50 swim choice
100 kick

First Set: Broken 100s: 1800 (900 per round) > 36 minutes

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

25 – **25** – 25 – **25** (2:00) – 5 sec rest

50 easy @ 1:00

50 – **50** (2:00) – 10 sec rest

50 easy @ 1:00

75 – 25 (2:00) – 5 sec rest

50 easy @ 1:00

25 – **75** (2:00) – 10 sec rest

50 easy @ 1:00

50 – **50** (2:00) 5 sec rest

50 easy @ 1:00

25 – **25** – **25** – **25** (2:00) – 10 sec rest

50 easy @ 1:00

Second Set: 1100 > 23 minutes

2 rounds

2 x 100 free @ 1:20/1:25/1:30/1:35/1:40

1 x 25 fast @ :30

1 x 25 ez recovery @ :45

2 x 100 free @ 1:20/1:25/1:30/1:35/1:40

1 x 50 fast @ 1:00

1 x 50 ez recovery @ 1:15

Warmdown: CHOICE

Total: 3900 yards (does not include warmup)



Week of 8-25-25 Greenville Splash Workout #2

Warm up: choice 10 minutes

4 times through: (600 total > 12 min)

2 x 50 kick with board/fins – tombstone kicking with board

50 Swim w/fins on 1:00 (3 strokes ez/fast, 5 ez/fast, 7 ez/fast, 9 ez/fast)

Streamline Jump 50s: 6 x 50 (300 total > 6:00)

Swim ez to end of pool – 8 streamline jumps and then swim fast back to start

Set#1: 600 > 12 min

100/75 free: @ 1:30 *first 25 fast*

2 x 25 fly fast @ :40

100/75 free @ 1:30 *second 25 fast*

2 x 25 back fast @ :40

100/75 free @ 1:30 *third 25 fast*

2 x 25 breast fast @ :40

100/75 free: @ 1:30 *last 25 fast*

2 x 25 free fast @ :40

Set#2: 600 > 12 min

100/75 IM @ 1:45 fly fast

50 free fast @ 1:00

100/75 IM @ 1:45 back fast

50 free fast @ 1:00

100/75 IM @ 1:45 breast fast

50 free fast @ 1:00

100/75 IM @ 1:45 free fast

50 Free fast @ 1:00

TOTAL: 2100 yards (without warmdown)



Week of 8-25-25 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

2 rounds below

100 swim

100 kick

100 IM

100 pull

100 swim

First Set: 400 > 8 minutes

2 x 50 paddle drill @ 1:00

4 x 50 IM swim @ 1:00

2 x 50 paddle drill @ 1:00

Main Set: 2800 > 47 minutes

2 x 600 negative split

Masters minute

2 rounds below

4 x 50 build each 50 @ 1:00

3 x 100 odd: strong even: ez @ 1:45

1 x 600 pull

Warmdown: 200 choice

Total: 4400 yards