



Week of 9-22-25 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

200 ez swim

2 x 100 pull

4 x 50: 25 kick / 25 free

2 x 100 pull

200: 25 back / 25 free

Main Set: 3000 > 53 minutes

4 x 50 IM order @ 1:00

4 x 100 free @ 1:40

4 x 50 Choice @ 1:00

2 x 200 IM @ 3:30

4 x 50 free @ 1:00

4 x 100 free @ 1:30

4 x 50 choice @ 1:00

2 x 200 IM @ 3:30

4 x 50 IM order @ 1:00

4 x 100 free @ 1:20

Warmdown: 4 x 50 choice ez

Total: 4200 yards



Week of 9-22-25 Greenville Splash Workout #2

Warm up: 8 minutes choice

Stroke set: 450 > 10.5 minutes

R1 = Fly R2 = Back R3 = Breast

3 x 25 @ :40 drill

1 x 75 @ 1:30 swim stroke (free/stroke/free)

Fly drill: fly arms / flutter kick; Back drill: double-arm / Breast kick;

Brst drill: breast arms / flutter kick; Free drill: free arms/dolphin kick

Freestyle set: 2250 > 36 minutes (descend each set of 3)

3 x 100 @ 1:30/1:40/1:50

3 x 100 @ 1:25/1:35/1:45

3 x 100 @ 1:20/1:30/1:40

1 x 100 @ 2:00 easy

3 x 75 @ 1:05/1:10/1:15

3 x 75 @ 1:00/1:05/1:10

3 x 75 @ 0:55/1:00/1:05

1 x 75 @ 2:00 easy

3 x 50 @ :50/:55/1:00

3 x 50 @ :45/:50/:55

3 x 50 @ :40/:45/:50

1 x 50 @ 1:00 easy

Warmdown: 100 > 2 minutes

Total: 2700 yards



Week of 9-22-25 Greenville Splash Workout #3

Warm up: 1000 > 30 minutes

200 ez swim

2 x 100: 25 choice drill/25 choice swim

200 kick

2 x 100: 25 stroke/25 free

200 pull

Preset: 400 > 8 minutes

4 x 100 choice: drill/swim/drill/swim @ 2:00

Main Set:

4 times thru (1600 > 30 minutes)

odd: stroke/IM even: free/pull

4 x 50 @ 1:00

200 @ 3:30 strong pace

4 times thru (800 > 18 minutes)

Odd: kick even: choice swim

4 x 25 @ :40

100 @ 1:45 strong pace

Warmdown: 200 > 4 minutes

Total: 4000 yards