



Week of 10-13-25 Greenville Splash Workout #1

Warm up: 1200 > 30 min

4 x 150 50 drill/100 swim

4 x 100 25 drill/kick/drill/swim IM order

4 x 50 25 kick/25 swim

IM/Stroke set: 1200 > 24 min

4 x 50: IM @ 1:00

100 ez free @ 2:00

4 x 50: Fly or Fly/free @ 1:00

100 ez free @ 2:00

4 x 50: Back or Back/free @ 1:00

100 ez free @ 2:00

4 x 50: Breast or Breast/free @ 1:00

100 ez free @ 2:00

Main set 1600 > 4 rounds > 32 minutes

Round 1= kick Round 2/3 = stroke/IM/choice Round 4= free

Intervals left to right

1 x 100 [2:15] [2:00] [1:45] 25fast/75easy

1 x 100 [2:15] [2:00] [1:45] 50fast/50easy

1 x 100 [2:15] [2:00] [1:45] 75fast/25easy

1 x 100 [2:15] [2:00] [1:45] fast

Total: 4000 yards



Week of 10-13-25 Greenville Splash Workout #2

Warmup: 500 > 10 minutes

200 ez swim

100 ez kick

200 25 stroke/25 free

Main Set: Pyramid (4 rounds below) 2000 > 40 minutes

25 @ :30 50 @ 1:00 75 @ 1:30 100 @ 2:00

Round 1&2: Free

Round 3&4: Reverse IM

25 – 50 – 75 – 100 – 75 – 50 – 25

After each pyramid: fast all out swim below

Round 1= 100 free fast

Round 2= 100 choice fast

Round 3= 100 free fast

Round 4= 100 choice fast

Warmdown: 200 > 6 minutes

8 x 25 @ :40

odd: free even: back

Total: 2700 yards



Week of 10-13-25 Greenville Splash Workout #3

Warm up: 1000 > 30 min

400 free / 200 pull / 200 IM drill / 200 kick choice

First Set: 8 minutes > 400

Alternate 25 free/25 stroke (IM order) until end of 8 minutes

Main set: 2000+ > 40 minutes (*4 sets of 10 minute swims below*)

Round 1: (5-10 sec rest – repeat until you complete 10 minutes)

100 IM swim

4 x 25 kick

100 pull

4 x 25 IM order

Round 2: (5-10 sec rest - repeat until complete 10 minutes)

100 swim stroke

4 x 50 kick IM order

100 reverse IM

100 kick choice

Round 3: (repeat until 10 minutes)

100s or 200s on interval that gives you 15 seconds rest

Round 4: (5-10 sec rest - repeat until complete 10 minutes)

4 x 25 swim stroke (non-free)

4 x 25 kick choice

4 x 50 swim stroke (non-free)

2 x 50 kick choice

Warmdown: 200 choice

Total: 3600+ yards