



Week of 10-20-25 Greenville Splash Workout #1

Warm up – 1000 > 30 min

1 x 200 @ 3:30 ez swim

4 x 100 @ 1:45

8 x 50 @ 1:10 odd: kick even: swim choice

Social kicking: (200-250) 5 minutes 20 sec ez/20 sec fast

IM Transitions: 2600 > 50 minutes

4 x 50: 25 fly/25 back @ 1:00

200: 50 free / 100 IM / 50 free @ 4:00

2 x 100 free @ 1:45

4 x 50: 25 back/25 breast @ 1:00

200: 50 IM / 100 free / 50 IM @ 4:00

2 x 100 free @ 1:45

4 x 50: 25 breast/25 free @ 1:00

200: 25 stroke/25 free IM order @ 4:00

2 x 100 free @ 1:45

4 x 50: 25 free/25 fly @ 1:00

200 IM @ 4:00

2 x 100 free @ 1:45

Warm down: 200 > 4 min

Total: 4000 yards



Week of 10-20-25 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

300 ez swim

3 x 100: alternate 25 free/25 stroke

200 pull with buoy only

4 x 50: 25 kick/25 swim

Preset: 600 > 14 minutes

4 x 50 @ 1:00 25 kick – 4 streamline jumps – 25 swim

4 x 25 @ :40 25 kick choice

4 x 50 @ 1:00 25 kick – 4 streamline jumps – 25 swim

4 x 25 @ :40 25 swim choice

Main Set: 2000 > 42 minutes

8 x 25 butterfly @ :40 odd: 3kicks/1pull even: strong pace

400 (300) free/pull @ 6:00

8 x 25 backstroke @ :40 odd: kick even: swim

300 (200) free/pull @ 4:30

8 x 25 breaststroke @ :40 odd: breast with flutter kick even: breaststroke

200 (100) free/pull @ 3:00

8 x 25 free @ :40 odd: ez even: fast

100 (50) free @ 1:30

8 x 25 IM order @ :40 strong pace

Warmdown: 200 ez choice > 4 minutes

Total: 3800 yards



Week of 10-20-25 Greenville Splash Workout #3

Warmup: 10 min: choice 500 swim

Kicking 5 min: 15 sec ez /15 sec fast (NO FINS!) 250-300

FAST 50s - 1000 yards > 22 min

4 x 50 ***Repeat 4 times*** with an ez 50 in between each set (4 x 50) holding :30 (or under) on each 50.

Set 1&2: @ 1:15 Set #3-4 @ 1:00

FAST 25s – 750 yards > 18 min

4 x 25 ***repeat 5 times*** easy 50 in between each set holding :15 or under on each 25

Set #1-2 :45 interval Set #3-4 :40 interval Set #5: 30 interval

Warmdown: 200 ez choice > 4 minutes

Total: 2700 yards