



Week of 10-6-25 Greenville Splash Workout #1

Warmup: 10 minutes

Main Set: 2250 > 48 minutes

10 × 25 Descend: 5 minutes > 250 yards

- Free @ :30
- Descend 1–5/6-10 (start smooth, finish fast)

10 × 50 IM Switch: 10 minutes > 500 yards

- Odds: Fly/Back @ 1:00
- Evens: Breast/Free @ 1:00

10 × 75 Pull: 13 minutes > 750 yards

- Free Pull with paddles + buoy @ 1:15
- Descend every 3 (1–3, 4–6, 7–9), last one fast

10 × 25 Kick Blast: 6 minutes > 250 yards

- choice: board or streamline @ :35 every 3rd one fast

10 × 50 Choice: 10 minutes > 500 yards

- Choice stroke or mix @ 1:00
- Odd: Smooth / Even: sprint – fast!

Warmdown: choice 100

TOTAL: 2350 yards (not including warmup)



Week of 10-6-25 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

200 ez choice swim

2 x 100 pull (no paddles)

4 x 50: 25 kick/25 swim choice

2 x 100 25 stroke/25 free alternate

200 choice swim

Main Set: 3000 > 55 minutes

400 free/pull @ 6:30

2 x 200 stroke/free @ 3:30

4 x 100 I.M. @ 1:45

300 free/pull @ 5:00

2 x 150 @ 2:30 mod/fast/mod

3 x 100 @ 1:40 choice 25 ez/50 fast/25 ez

200 free/pull @ 3:20

2 x 100 @ 1:30 strong pace

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

100 free/pull @ 1:40

2 x 50 @ 1:00 choice ez/fast

4 x 25 @ :40 choice odd: ez even: fast

Warmdown: 200 ez choice

TOTAL: 4200 yards



Week of 10-6-25 Greenville Splash Workout #3

Warm up: 1000 > 30 minutes

2 x 200 3:15
6 x 25 :40 stroke
3 x 100 1:30
6 x 25 :30 free

Stroke set: 700 > 16.5 minutes

Round 1 = swim Round 2 = kick

4 x 25 :40 IM order perfect stroke
1 x 100 1:50 IM
3 x 25 :40 IM order perfect stroke
1 x 75 1:30 IM

Freestyle/pull set: 1800 > 35.5 minutes

2 x 150 @ 2:15
4 x 75 @ 1:10
2 x 150 @ 2:10
4 x 75 @ 1:05
2 x 150 @ 2:05
4 x 75 @ 1:00

Sprint set: 300 > 7 min

4 x thru Odd Round: swim Even Round: kick

1 x 25 :40 easy
1 x 50 1:10 sprint

Warmdown: 200 choice

Total: 4000 yards