



Week of 11-10-25 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

250 ez swim choice

250: 50 back/50 free alternate

250: 50 kick/50 swim alternate

250: choice swim

Preset: 600 > 12 minutes

6 x 100: designed with fins

IM order kick/swim: 75 kick/25 swim stroke (fly/back/breast) @ 2:00

Main Set: 2000 > 35 minutes

4 x 100: 25 Back/75 free @ 1:45 back is fast

100 free/pull @ 2:00 mod pace

3 x 100: 25 Breast/75 free @ 1:45 breast is fast

200 free/pull @ 3:30 50 fast/50 ez alternate

2 x 100: 25 fly/75 free @ 1:45 fly is fast

300 free/pull @ 5:00 mod pace

1 x 100 IM @ 2:00 FAST!

400 free/pull @ 6:30 100 ez/100 fast/100 ez/100 fast

Warmdown: 8 x 25 ez @ :40

Total: 3800 yards



Week of 11-10-25 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

400: swim choice

200: 50 drill/50 swim

200: 50 stroke/50 free

4 x 50 kick

First Set: 900 > 18 minutes

6 times through below

1 x 75 50 kick/25 swim @ 1:15

1 x 50 distance per stroke @ 1:00

1 x 25 fast! Swim @ :45

Main Set: 1700 > 35 minutes

9 x 75 swim choice: 2 cruise / 1 fast @ 1:20

**ez 25 back to start*

12 x 50 swim choice: 1 cruise / 1 fast ! 1:00

16 x 25 swim choice: 1 cruise / 3 fast! @ :40

Warmdown: choice 200 ez

Total: 3800 yards



Week of 11-10-25 Greenville Splash Workout #3

Warmup: 10 minutes choice > 500

Round 1: 1400 yards – 23 minutes

4 x 100 (75) free @ 1:30 pace 100 stroke fast @ 2:00

3 x 100 (75) free @ 1:30 pace 100 stroke fast @ 2:00

2 x 100 (75) free @ 1:30 pace 100 stroke fast @ 2:00

1 x 100 (75) free @ 1:30 pace 100 stroke fast @ 2:00

Round 2: 700 yards – 17.5 minutes

4 x 50 stroke @ 1:15 pace (FLy/BA/Br/Fr) 50 free fast @ 1:15

3 x 50 stroke @ 1:15 pace (FLy/BA/Br) 50 free fast @ 1:15

2 x 50 stroke @ 1:15 pace (FLY/BA) 50 free fast @ 1:15

1 x 50 stroke @ 1:15 pace (FLY) 50 free fast @ 1:15

Round 3: 350 yards – 8 minutes

4 x 25 kick @ :30 25 choice fast @ :45

3 x 25 kick @ :30 25 choice fast @ :45

2 x 25 kick @ :30 25 choice fast @ :45

1 x 25 kick @ :30 25 choice fast @ :45

Warmdown: choice ez

Total: 2950 yards