



Week of 11-17-25 Greenville Splash Workout #1

Warmup: 800 > 20 minutes

200 swim / 200 drill / 200 pull / 200 50 stroke-50 free

Main Set: 3500 > 65 minutes

1 x 500 @ 7:00 Fr w/Pads & Fins (1 x 400 – lane 1&2 fins – 1:45 pace)

2 x 400 @ 6:00 w/Fins 100 Bk/100 Fr (2 x 300)

3 x 300 @ 5:00 75 Stroke/75 Free (3 x 250 – 50 stroke-50 free)

4 x 200 @ 4:00 (4 x 150)

- 50 Fly + 150 Fr (25 fly-125 free)
- 50 Fly + 50 Bk + 100 Fr (25 fly-25 back-100 free)
- 200 Fr IM 25 stroke/25 free
- 200 IM

5 x 100 @ 3:00 choice all fast! (can do kick/stroke/IM/Free)

Warm down: 200 choice ez

Total: 4300 yards



Week of 11-17-25 Greenville Splash Workout #2

Warmup: 1000 > 25+ minutes

1 x 200 swim
2 x 150 50 drill/50 swim
3 x 100 25 stroke/25 swim alternate
4 x 50 choice

Pull/Swim: 1500 > 24 minutes

300 pull 4:30
4 x 50 swim – no equipment :50
200 pull 3:00
6 x 50 swim – no equipment :50
100 pull 1:30
8 x 50 swim – no equipment :50

Stoke set: 2 rounds: 1600 > 35 minutes

6 x 25 fly @ :40
50 kick dolphin 1:10
2 x 75 back @ 1:20
50 flutter kick on back 1:10
3 x 50 breast @ 1:10
50 breast kick 1:10
150 free STRONG @ 2:30
50 flutter kick 1:10

Warm down: 100 choice ez

Total: 4200 yards



Week of 11-17-25 Greenville Splash Workout #3

Warmup: 400 choice swim

Preset: 300 total > 10 min

6 x 50 @ 1:30

25 swim > 20 sec vertical kick > 25 swim choice

Main Set: 1650 yards > 45 minutes

20 X 25 :40 (15 min)

1 EZ / 4 fast

50 easy

20 X 25 :35 (13.5 min)

2 EZ / 2 FAST

50 easy

20 x 25 :30 (can add fins or other equipment) (10 min)

1 EZ / 1 FAST

50 easy

Warm down: 200 choice ez

Total: 2550 yards