



Week of 11-24-25 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

400 swim – “Turkey Trot” easy pace, stretch out
200 kick – “Pumpkin Pie Kicks” (flutter or dolphin)
200 pull – “Stuffing Arms” (buoy + paddles optional)
200 IM drill – “Taste Test Sampler” (25 drill each stroke)

Main Set: Turkey Ladder

Ladder climbs up in distance, then back down (like loading your plate and then working it off!)

Up the Ladder: 1500 > 22.5 minutes

1 x 100 @ 1:30 choice
2 x 100 @ 1:30 build
3 X 100 @ 1:30 100 ez/100 fast / 100 ez
4 x 100 @ 1:30 25 stroke/75 free
5 x 100 @ 1:30 pull hold steady pace

Down the Ladder: 1500 > 30 minutes (all choice)

10 x 50 @ 1:05 steady pace
8 x 50 @ 1:00 25 fast/25 ez
6 x 50 @ :55 descend 1-3 and 4-6
4 x 50 @ :50 odd: ez even: fast
2 x 50 @ :45 all fast!

Warmdown: 200 ez choice

Total: 4200 yards



Week of 11-24-25 Greenville Splash Workout #2

Warmup: 1000 > 25 minutes

200 choice
2 x 150 50 free/50 stroke
3 x 100 choice
4 x 50 kick

Freestyle Set: 1600 > 25 minutes

1 x 50 @ 1:00 moderate
2 x 75 @ 1:15 last 25 strong
3 x 100 @ 1:30 descend 1-3
4 x 150 @ 2:30 last 50 strong
3 x 100 @ 1:30 descend 1-3
2 x 75 @ 1:15 last 25 strong
1 x 50 @ 1:00 strong

Second Set: 1300 > 27 minutes *(Round 1 = Free Round 2 = choice)*

1 x 25 ez :45
4 x 25 fast :45
1 x 25 ez :45
2 x 50 fast 1:15
1 x 25 ez :45
1 x 100 fast 2:00
1 x 25 ez :45
2 x 50 fast 1:15
1 x 25 ez :45
4 x 25 fast :45
1 x 25 ez :45

Warmdown: 4 x 50 ez choice

Total: 4100 yards



Week of 11-24-25 Greenville Splash Workout #3

Warmup: choice 500 > 10 minutes

Preset: 800 > 16 minutes

8 x 50 @ 1:00 *25 kick choice / 25 swim choice*

8 x 50 @ 1:00 *25 stroke (non-free) / 25 free*

Main Set: 1800 > 30 minutes

400 pull @ 6:00 by 25 breathe every 3/5

4 x 50 swim @ 1:00 descend 1-4

300 pull @ 4:30 by 25 breathe every 3/7

4 x 50 swim @ :55 25 fast/25 ez

200 pull @ 3:00 by 25 breathe every 3/9

4 x 50 swim @ :50 all fast!

100 pull @ 1:30 mod pace

4 x 50 swim @ :45 make interval

Warmdown: 200 ez choice

Total: 3300 yards