



Week of 11-3-25 Greenville Splash Workout #1

Warmup: 500 choice > 10 min

Preset: 300 > 7 minutes

2 x 50: 25 swim/25 kick @ 1:00

2 x 50: 25 kick/25 swim @ 1:00

2 x 25: kick dolphin @ :40

2 x 25: kick flutter @ :40

Main set: 2000 > 44 min

Round 1 = ez choice / strong > free

Round 2 = ez choice / strong > stroke

1 x 25 :40 easy

3 x 25 :40 strong

1 x 50 1:00 easy

3 x 50 1:00 strong

1 x 75 1:30 easy

3 x 75 1:30 strong

1 x 100 2:00 easy

3 x 100 2:00 strong

Warmdown: 200 choice

Total: 3000 yards



Week of 11-3-25 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

400: swim or pull choice

300: 100 swim/100 kick/100 swim

200: IM drill

100: choice swim

Main Set: 2900 > 50 minutes

4 x 150 @ 2:10 50 mod/50 strong/50 mod - choice

4 x 125 @ 2:00 25 ez/75 fast/25 ez - choice

4 x 125 @ 1:50 25 kick underwater/75 swim choice

4 x 100 @ 1:40 25 back or breast/75 free strong

4 x 75 @ 1:30 choice swim or kick with fins – all fast!

4 x 75 @ 1:20 25 tarzan drill/50 free

4 x 50 @ 1:10 25 swim – get out dive in – 25 fast!

4 x 50 @ 1:00 odd: ez choice even: fast choice

Warmdown: 200 choice ez

Total: 4100 yards



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

Warmup: 1000 > 30 min

200 swim choice
200 kick choice
200 pull
2 x 100: 25 kick/25 free
4 x 50 choice

Pre-Set: 1100 > 21 min

R1 = stroke (see below) R2 = choice

4 x 25 fly @ :40
3 x 50 breast @ 1:10
2 x 75 back @ 1:20
1 x 100 free @ 2:00
50 choice ez after each round

Main freestyle/pull set: 1950 > 32 minutes

3 x 200 free/pull @ 3:00 descend 1-3
2 x 175 free/pull @ 2:45
3 x 150 free/pull @ 2:30 descend 1-3
2 x 125 free/pull @ 2:15
3 x 100 free/pull @ 1:45 descend 1-3

Warmdown: 200 choice ez

Total: 4250 yards