



Week of 12-1-25 Greenville Splash Workout #1

Warmup: 500 choice > 10 minutes

First set: 200 > 5.5 minutes

8 x 25 fly drill @ :40

#1-2: fly kick/free arms #3-4: fly arms/free kick

#5-6: 3 right/3 left #7-8: regular fly

Main Set: 2250 > 37 minutes

3 x 300 IM (can do stroke/free/stroke or free/stroke/free) @ 3:30

4 x 50 pull 25 breast/25 free @ 1:10

3 x 150 IM @ 2:30

4 x 50 pull 25 back/25 free @ 1:05

4 x 75 IM @ 1:30

4 x 50 pull 25 fly/25 free @ 1:00

Warmdown: 4 x 50 ascending (get slower on each 50)

TOTAL: 3150 yards



Week of 12-1-25 Greenville Splash Workout #2

Warmup: 1200 > 30 minutes

400 ez swim
300 50 kick/50 free
200 pull
100 stroke
4 x 50: choice

Preset: 800 total > 17.5 min

4 x 50 @ 1:10 doggie paddle, head up
4 x 50 @ 1:00 Pull Buoy > ankles - normal
4 x 50 @ 1:10 Kickboard > flutter / breast / dolphin / choice
4 x 50 @ 1:00 Fins > 25 kick/25 underwater kicking

Main Set: 1800 > 36+ minutes

1 x 300 pull @ 5:00
2 x 150 @ 3:00 100 ez – 50 fast
3 x 100 @ 2:00 25 fast/25 ez/25 fast/25 ez
4 x 75 @ 1:30 descend 1-4
6 x 50 @ 1:00 all fast!
12 x 25 @ :40 odd: ez even: fast

Warmdown: 200 choice

TOTAL: 4000 yards



Week of 12-1-25 Greenville Splash Workout #3

Warm up: 8 minutes choice

Preset: kick set 400 > 8 minutes

4 x 100 @ 2:00 50 flutter/50 dolphin

odd: 50 flutter/50 dolphin

even: 25 underwater kick/25 kick on back

Main Set: 1750 > 40 min

10 x 100: swim choice

5 @ 1:30 / 1:40 / 1:50 / 2:00

30 second break

5 @ 1:20 / 1:30 / 1:40 / 1:50 (can use equipment)

10 x 50: swim choice

5 @ :55 / 1:00 / 1:10

30 second break

5 @ :45 / :50 / 1:00 (can use equipment)

10 x 25: swim choice

5 @ :30 / :40 / :50

30 second break

5 @ :20 / :30 / :40

Warmdown: choice ez 200

Total: 2350 yards (not including warmup)