



Week of 12-15-25 Greenville Splash Workout #1

"8 Days of Hanukkah workout"

Warmup: 500 choice > 15 minutes

Main Set: **3350 > 70 minutes**

Day 1: 2 x 50 choice @ 1:00

Day 2: 2 x 25 kick @ :40 PLUS Day 1

Day 3: 2 x 75 stroke or IM PLUS Days 2, 1

Day 4: 1 x 100 choice FAST! @ 2:00 PLUS Days 3, 2, 1

Day 5: 2 x 25 choice @ :30 PLUS Days 4, 3, 2, 1

Day 6: 1 x 100 free FAST! @ 1:30 PLUS Days 5, 4, 3, 2, 1

Day 7: 4 x 25 IM order @ :40 PLUS Days 6, 5, 4, 3, 2, 1

Day 8: 2 x 50 choice FAST! @ 1:00 PLUS Days 7, 6, 5, 4, 3, 2, 1

Warmdown: 200 ez choice

Total: 4050 yards



Week of 12-15-25 Greenville Splash Workout #2

“Reindeer Games”

Warm-Up – “Dasher & Dancer” : 400 > 8 minutes

Dasher: 2 × 100 free @ 2:00 moderate pace, focus on fast feet (no sprinting)

Dancer: 4 x 50 choice stroke @ 1:00 Graceful, smooth, rhythmic

Pre-Set: “Prancer & Vixen” - 400 yards > 8 minutes

Prancer: Light, springy, bouncy

4 × 50: 25 prance to middle of pool – swim rest to wall/25 swim @ 1:00

Vixen: A little spicy. **4×50 descend 1–4 @ 1:00** (last one strong)

Main Set – “Comet, Cupid, Donner, Blitzen” – 1300 > 25 minutes

Comet (bursts of speed)

4 × 75 free @ 1:20 25 fast / 25 easy / 25 fast

Cupid (heart rate up)

4 × 100 pull @ 1:40. Strong aerobic, steady effort

Donner (thunderous pull and kick – strong powerful strokes)

4 × 50 @ 1:00 choice of stroke

Blitzen (lightning)

4 × 25 @ :30 All-out sprint fast!

Reindeer Flight School – 300 > 6 minutes

6 × 50 @ 1:00

Odd: “Takeoff” 25 fast / 25 ez

Even: “Landing” 25 ez / 25 fast

Grand Finale – 🎄 RUDOLPH RELAYS 🎄 200 > 10 minutes

Choice warmdown.

Total: 2100 yards (without warmdown or relays)



Week of 12-15-25 Greenville Splash Workout #3

“Grinch - Max Workout”

Warmup: 1000 > 30 minutes

400 free / 200 IM drill / 200 pull / 200 pull

Main Set: 2650 (can do the Grinch or Max workout below)

Grinch: 1650 straight @ 25 – 28 minutes

Max: 16 x 100

4 x 100 @ 1:40 (or 4 x 75)

4 x 100 @ 1:30 (or 4 x 75)

4 x 100 @ 1:20 (or 4 x 75)

4 x 100 @ 1:15 (or 4 x 75)

50 fast all out!

Grinch: 400 IM straight @ 8:00

Max: 8 x 50 @ 1:00

2 x 50 fly @ 1:00 (or fly/free)

2 x 50 back @ 1:00 (or back/free)

2 x 50 breast @ 1:00 (or breast/free)

2 x 50 free @ 1:00

Grinch: 400 kick for time @ 7:00 minutes

Max: 4 x 100 kick choice @ 1:45

Grinch: 200 fly straight @ 4:00

Max: 8 x 25 fly @ :30 fast!

Warmdown: 200 ez choice

Total: 3850 yards