



Week of 12-22-25 Greenville Splash Workout #1

Winter Solstice workout: "To celebrate hope, renewal and new beginnings!"

Warmup: 600 > 10 minutes

200 swim, 200 pull, 200 drill

1st Set: 550 > 11 minutes

21 x 25 on :30

#1-7 kick

#8-14 Drill 3 fast strokes/3 easy strokes

#15-21 kick

25 ez back to start

Main Set: 2100 > 37 minutes

21 x 100 or 75 on 1:45 - 3 Rounds of 7

Round 1: 700

4 x 100 Descend

2 x 100 Fast

1 x 100 Easy

Round 2: 700

3 x 100 Descend

3 x 100 Fast

1 x 100 Easy

Round 3: 700

2 x 100 Descend

4 x 100 Fast

1 x 100 Easy

Cool Down: 100 ez choice

Total: 3350 yards



Week of 12-22-25 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

400 Free, 200 IM Drill, 200 Pull, 200 Kick

First Set: 600 > 12 minutes

12 x 50

3 on :50, 1 on 1:00, repeat

Main Set: 1800 > 36 minutes

3 Rounds of 4 x 150 or 125's

1st Round:

4 x 150 as 50 kick / 50 free / 50 choice not free @ 3:00

2nd Round:

4 x 150 as pull or swim @ 2:45

#1 Breathe every 3

#2 Breathe every 3-5

#3 Breathe every 3-7

#4 Breathe ever 3-9

3rd Round:

4 x 150 rotating fast 50 @ 3:00

#1 50 fast / 100 easy

#2 50 easy / 50 fast / 50 easy

#3 100 easy / 50 fast

#4 50 fast / 50 easy / 50 fast

Sprint Set: 300 > 6.5 minutes

6 x 50 on 1:05

25 fast / 25 easy

Warmdown: 200 ez choice

Total: 3900 yards



Week of 12-22-25 Greenville Splash Workout #3

Warmup: 600 > 15 minutes

250 ez choice

200 ez pull

200 ez kick

Main Set: "sets of 24" > 1800

4 x 100 @ 1:40 pull build each 100

4 x 75 @ 1:20 25 ez/25 fast/25 ez

4 x 50 @ 1:00 25 kick/25 swim choice

4 x 50 @ 1:00 25 stroke/25 free

4 x 75 @ 1:30 stroke/free/stroke OR free/stroke/free

4 x 100 @ 1:50 IM descend 1-4

Last Set: "24 x 25 set" 600 > 13 minutes

6 x 25 @ :40 focus on distance per stroke

6 x 25 @ :35 focus on streamline off walls

6 x 25 @ :30 focus on fast kick – slow arms

6 x 25 @ :25 all fast!

Warmdown: 200 ez choice

Total: 3200 yards