



## Week of 12-8-25 Greenville Splash Workout #1

### **Warmup: 1000 > 30 minutes**

200 ez swim

200 pull with buoy only focus on stroke

200 50 kick/50 swim choice

200 25 stroke/25 free

200 choice

*On the first day of Christmas, my Swim Coach gave to me.....*

### **Main Set: 2600 > 55 minutes**

1 x 100 easy free @ 2:00

2 x 75s drill @ 1:30

3 x 50s descend 1-3 @ 1:00

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

5 x 50s sprint ALL OUT! @ 1:15

6 x 25s alternate 1 free ez/1 stroke fast @ :40

7 x 50s IM transition @ 1:15 fly/back, back/breast, breast/free, free/fly, etc...

8 x 25s no breath freestyle @ :40

9 x 50s build to 90% effort @ 1:10

10 x 25s kick alternate 2 build/2 fast @ :40

### **Warmdown: 4 x 50 choice ez**

**Total: 3800 yards**



## Week of 12-8-25 Greenville Splash Workout #2

**Warmup:** 5 min choice

**Preset: 400 > 10+ minutes**

4 x 25 fly drill :40 2rt/2lft/2both or 3 kicks one pull

4 x 25 back drill :40 6 beat switch / both arms

4 x 25 breast drill :40 2 kicks one pull / dolphin or flutter kick breast arms

4 x 25 free drill :40 doggie dig / head up

**Main Set: 2000 > 42 minutes**

25 = kick @ :30

50 = swim free @ 1:00

75 = free/fly/free @ 1:30

100 = 25 free/50 back/25 free @ 2:00

125 = 50 free/25 breast/50 free @ 2:30

150 = 50 kick/50 free/50 kick @ 3:00

175= 50 free/75 IM/50 free @ 3:30

**25**

**25 – 50**

**25 – 50 – 75**

**25- 50 – 75 – 100**

**25 – 50 – 75 – 100 – 125**

**25 – 50 – 75 – 100 – 125 – 150**

**25 – 50 – 75 – 100 – 125 – 150 – 175**

**Total: 2400 yards (not including warm up or cool down)**



## Week of 12-8-25 Greenville Splash Workout #3

### Warmup: 1000 > 30 minutes

400 ez free

300 alternate 50 free/50 back

200 pull

100 kick choice

### Main Set: 2800 > 44 minutes

*4 times through below:*

4 x 125 @ 1:45 (or can do 4 x 100 on same interval)

1 x 200 ez @ 4:00

### Second Set: 500 > 10 minutes

10 x 50 @ 1:00 choice swim

Odd: ez even: fast

### Warmdown: 200 choice ez

**Total: 4500 yards**