



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