



Week of 1-5-25 Greenville Splash Workout #1

Warmup: Choice 15 minutes

Main Set: 3850 yards > 89 min – choice swim or kick

10 x 25 swim @ :40 pace work
10 x 25 kick @ :40 pace work
9 x 25 swim @ :40 25 ez/25 build
9 x 25 kick @ :40 25 ez/25 build
8 x 50 swim @ 1:00 odd: ez even: fast
8 x 50 kick @ 1:10 odd: ez even: fast
7 x 50 swim @ :1:00 25 ez/25 fast
7 x 50 kick @ 1:10 25 ez/25 fast
6 x 25 swim @ :40 focus on streamline
6 x 25 kick @ :40 focus on streamline
5 x 25 swim @ :40 build
5 x 25 kick @ :40 build
4 x 50 swim @ :55 25 fast/25 ez
4 x 50 kick @ 1:05 25 fast/25 ez
3 x 50 swim @ :55 strong pace
3 x 50 kick @ 1:05 strong pace
2 x 25 swim @ :30 ALL FAST!
2 x 25 kick @ :30 FAST!
1 x 25 swim @ :30 FAST!
1 x 25 kick @ :30 FAST!

TOTAL: 3850 yards (not including warmup/cooldown)



Week of 1-6-26 Greenville Splash Workout #2

Warm up: 1000 > 30 minutes

200 Free

2 x 100 IM Drill

200 pull

2 x 100 50 kick/50 swim

200 choice swim

First Set: 2250 > 42 minutes

5 rounds below. 1 minute break between rounds. Choice swim/kick

200: R1-2 @ 3:20 R3-5 @ 3:00

100: R1-2 @ 1:40 R3-5 @ 1:30

75: R1-2 @ 1:20 R3-5 @ 1:10

50: R1-2 @ 1:00 R3-5 @ :50

25: R1-2 @ :40 R3-5 @ :30

Second Set: 750 > 15 minutes

5 times through below: choice of swim or kick

75 @ 1:00 just make the interval

50 @ 1:00 25 ez/25 strong

25 @ 1:00 FAST!

Warmdown: 200 ez choice

Total: 4200 yards



Week of 1-6-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

4 x 100: alternate 25 ez swim/25 ez drill choice)

200 pull – focus on DPS

4 x 50 odd: free even: ez stroke

200 kick

Broken 200s: (2 x thru) 3000 > 60 minutes

R1 = free R2 = choice stroke, kick, free, pull

Underline distance is FAST!!!

1. 50 – 75 – 50 – 25 > :5 sec rest
50 easy @ 1:00
2. 50 – 75 – 50 – 25 > :10 sec rest
50 easy @ 1:00
3. 25 – 50 – 50 – 25 – 25 – 25 > :5 sec rest
50 easy @ 1:00
4. 25 – 50 – 50 – 25 – 25 – 25 > :10 sec rest
50 easy @ 1:00
5. 50 – 50 – 75 – 25 > :5 sec rest
50 easy @ 1:00
6. 50 – 50 – 75 – 25 > :10 sec rest
50 easy @ 1:00

Warmdown: 200 ez choice

Total: 4200 yards