



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

Warmup: 800 > 30 minutes

400 free
200 pull
4 x 50 IM drill

Kick Set: 500 > 9 minutes

4 x 125 @ 2:15

#1-#2: 50 flutter/75 flutter on back

#3-#4: 50 flutter/75 dolphin

IM Set: 1600 > 32 minutes

4 x 25 fly @ :40
4 x 75 25 free/25 fast fly/25 free @ 1:20
4 x 25 back @ :40
4 x 75 25 free/25 fast back/25 free @ 1:20
4 x 25 breast @ :40
4 x 75 25 free/25 fast breast/25 free @ 1:20
4 x 25 free @ :40
4 x 75 free – middle 25 fast @ 1:20

Free Set: 900 > 13.5 minutes

3 x 200 @ 3:00 descend 1-3
3 x 100 @ 1:30 descend 1-3

Warmdown: 200 ez choice

Total: 4000 yards



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

(kicking it up a notch)

Warm up: 8-10 minutes choice

Preset: 600 > 12 minutes

3 x 200 (or 150): 25 swim > 4 streamline jumps / 50 swim > 4 streamline jumps / 50 swim > 4 streamline jumps / 50 swim > 4 streamline jumps / 25 swim to start

Main set: 1400 > 30 min

8 x 25 @ :30 freestyle with a six beat kick with paddles (kick 2 times faster than arm stroke)

4 x 50 @ 1:10 25 kick/25 swim continuing fast six beat kick

8 x 25 @ :40 no gear – 10 yards fast kicking and then 15 yards with same kick intensity swim

4 x 50 @ 1:00/:50/:40 with fins – 25 fast kicking into 25 fast swimming

8 x 25 @ :40 kicking no gear (slower lanes can do 8 or 6 25s on slower interval)

4 x 100 @ 1:40/1:50/2:00 50 kick fast/50 swim fast (can wear fins to go fast)

Warmdown: 150 choice ez

Total: 2150 yards (not including warmup)



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

“IM Glad it is Saturday”

Warmup: 1000 > 30 min

200 choice swim/200 pull/200 choice kick / 200 choice swim/200 pull

First Set: 600 > 12 minutes

4 x 50 @ 1:00 25 stroke drill (IM order)/25 free

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

4 x 50 @ 1:00 build odd: stroke even: free

Second Set: 900 > 18 minutes

4 x 75 @ 1:30 50 free-25 fly, 50 free-25 back, 50 free-25 breast,75 free

4 x 75 @ 1:30: 25 free-50 fly, 25 free-50 back, 25 free-50 breast,75 free

4 x 75 @ 1:30 75 fly, 75 back, 75 breast, 75 free

Third Set: 1200 > 21 minutes

4 x 100 @ 1:45

#1: 25 fly-75 free

#2: 25 free-25 back-50 free

#3: 50 free-25 breast-25 free

#4: 100 free

4 x 100 @ 1:45 25 fast stroke/75 mod free

4 x 100 @ 1:45 odd: IM FAST! even: Free FAST!

Warmdown: 200 choice ez

Total: 3900 yards