



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

Warmup: 1000 > 30 minutes

400 swim

200 50 drill/50 swim

200 50 stroke/50 free

4 x 50 kick

Preset: 900 > 13.5 minutes

6 x 150 pull or swim @ 2:15 – rotating fast 50

Main Set: Broken 8's – 2025 > 51 minutes

8 x 100 broken at 50 1-4 rest :10 sec 5-8 rest :5 sec (2:00 interval)

100 swim fast

8 x 75 broken at 50 1-4 rest :10 sec 5-8 rest :5 sec (1:30 interval)

75 swim fast

8 x 50 broken at 25 1-4 rest :10 sec and 5-8 rest :5 sec (1:10 interval)

50 swim fast

Warmdown: 200 ez choice

Total: 4125 yards



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

Warmup: 10 minutes choice > 500 yards

Kicking set: 5 minutes: 20 ez/20 fast (dolphin kick) (250)

Main Set: 1600 > 30 minutes (Fly it Home!)

4 x 100 last 15 yards fly @ 1:40

4 x 100 last 25 yards fly @ 1:45

4 x 100 last 35 yards fly @ 1:50

4 x 100 last 50 yards fly @ 2:00

Sprint Set: 250 > 7 minutes

10 x 25 first 8 strokes fast @ :40

Odd: free even: stroke

Warmdown: 200 ez choice > 4 minutes

TOTAL: 2300 yards (not including warmup)



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

Warmup: 1000 > 30 minutes

200 free
200 IM drill
200 kick
200 pull
200 choice swim

Preset: 400 > 8 minutes

4 x 50 @ 1:00 25 drill/25 swim (IM order)
1 x 100 @ 2:00 build free
1 x 100 @ 2:00 ez backstroke

Main Set: 2400 > 48 minutes

4 times thru below:

300 free/pull @ 5:00 100 ez/100 stronger pace/100 ez
200 IM @ 4:00 (or stroke/free)
100 stroke @ 2:00

Note: masters minute between rounds

Warmdown: 200 ez choice

TOTAL: 4000 yards