



Week of 12-29-25 Greenville Splash Workout #1

Warmup: 600 > 15 minutes

200 Free, 200 Pull, 100 Kick, 100 IM Drill

Main Set: 1900 > 28.5 minutes

6 x 200 or 150's Free on 3:00 or 3:15

Descend 1-3, 4-6

7 x 100 Free on 1:30 or 1:45

#1 100 easy

#2 75 easy 25 fast

#3 50 easy 50 fast

#4 25 easy 75 fast

#5 100 fast

#6 100 fast

#7 100 fast

Sprint Set: 500 > 11 minutes

6 x 50 Choice - Not Free @ 1:00 or 1:10

Descend 1-3, 4-6

7 x 25 Choice - Not Free Fast @ :40

25 easy

Cool Down: 4 x 50 choice

Total: 3200 yards



Week of 12-29-25 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

400 swim ez choice
300 pull
200 Reverse IM drill
100 kick

MAIN SET: 3425 > 65 minutes - Countdown to New Years!

10 × 50 Free @ 1:00 odds: smooth evens: 25 fast/25 ez

9 × 25 Kick choice @ :40 every third 25 is FAST!

8 × 75 @ 1:30 1–4 free / 5–8 IM order (Build each 75)

7 × 50 Pull @ 1:00

6 × 25 stroke @ :40

5 × 100 Free @ 1:30 Descend 1–5

4 × 75 Choice @ 1:20 odd: ez/ fast/ez even: fast/ez/fast

3 × 200 @ 3:00 50 ez/50 fast alternate

2 × 50 Sprint FAST! @ 1:15 Choice of stroke

1 × 100 ez choice @ 2:00

Total: 4425 yards



Week of 12-29-25 Greenville Splash Workout #3

Warm up: 1000 > 30 minutes

250 swim / 250: kick/swim / 250 pull / 250 stroke/free

Main Set: 2500 > 50 minutes

25 x 100 @ 2:00

1 cruise swim

1 fast: kick choice

1 cruise swim

2 fast: free

1 cruise swim

3 fast: IM or stroke/free

1 cruise swim

4 fast: pull

1 cruise swim

3 fast: reverse IM or free/stroke

1 cruise swim

2 fast: free

1 cruise swim

1 fast: kick choice

2 ez swim choice

25 x 25s: 625 > 12.5 minutes

5 x 25 @ :30 (5 times through)

R1 = free R2 = stroke R3 = kick R4 = free R5 = choice ez

Total: 4125 yards (not including warmdown)