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

Warm up: 1000 > 30 minutes

200 Free
200 IM Drill
200 Kick
200 Pull
200 Choice swim

Preset: 8 x 50 (400 > 8 minutes)

odd: 25 drill/25 swim @ 1:00
even: 25 kick/25 swim @ 1:00

First set: 1000 total > 17.5 minutes

300: 125 ez – 25 fast – 125 mod – 25 fast @ 5:30
250: 100 ez – 25 fast – 100 mod – 25 fast @ 4:30
200: 75 ez – 25 fast – 75 mod – 25 fast @ 3:30
150: 50 ez – 25 fast –50 mod – 25 fast @ 2:30
100: 25 ez – 25 fast – 25 mod – 25 fast @ 1:30

Last Set: Free/Stroke mix (1200 > 26 min)

4 x through each line item below: masters minute in-between rounds

3 x 25 @ :30 free then 50 stroke fast @ 1:00 interval
2 x 25 @ :30 free then 50 stroke fast @ 1:00 interval
1 x 25 @ :30 free then 50 stroke fast @ 1:00 interval

Warmdown: 4 x 50 choice ez @ 1:00 interval (200 > 4 min)

Total: 3800 yards

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

Warmup: 500 choice > 8 minutes

Preset: 600 > 12.5 minutes

4 x 50: 25 drill / 25 swim choice @ 1:00
4 x 50: board overhead kicking flutter @ 1:10
4 x 50: 25 mod swim / 25 swim fast @ 1:00

Main Set: 1400 > 31 minutes

4 times through below: R1-2: all free R3: stroke R4: choice
3 x 50 @ 1:00 decend 1-3
4 x 25 @ :40 all fast
100 ez no equipment @ 2:00

Warmdown: choice 200 ez

Total: 2200 yards (not including warmup)

Week of 2-2-26 Greenville Splash Workout #3

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 choice

Total: 4125 yards