



Week of 2-9-26 Greenville Splash Workout #1

Warm up: 1000 > 30 min

1 x 200 @ 3:30 ez swim

4 x 100 @ 1:45

8 x 50 @ 1:10 odd: kick even: swim choice

Social kicking: (200-250) 5 minutes 20 sec ez/20 sec fast

IM Transitions: 2600 > 50 minutes

4 x 50: 25 fly/25 back @ 1:00

200: 50 free / 100 IM / 50 free @ 4:00

2 x 100 free @ 1:45

4 x 50: 25 back/25 breast @ 1:00

200: 50 IM / 100 free / 50 IM @ 4:00

2 x 100 free @ 1:45

4 x 50: 25 breast/25 free @ 1:00

200: 25 stroke/25 free IM order @ 4:00

2 x 100 free @ 1:45

4 x 50: 25 free/25 fly @ 1:00

200 IM @ 4:00

2 x 100 free @ 1:45

Warm down: 200 choice swim

Total: 4000 yards



Week of 2-9-26 Greenville Splash Workout #2

Warm up: 1000 > 30 minutes

200 ez swim

2 x 100: 50 kick/50 swim

200 pull

2 x 100: 25 stroke/25 free

4 x 50 build

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

Main Set: 2700 > 45 minutes

6 x 150 @ 2:30 100 free moderate :10 sec rest / 50 sprint free

6 x 125 @ 2:00 100 free moderate :10 rest / 25 sprint stroke

6 x 100 @ 1:40 75 free moderate :10 rest / 25 sprint free

6 x 75 @ 1:20 50 free moderate :10 rest / 25 sprint stroke

Kicking set: 5 minutes 15 ez/15 fast (250)

Warm down: 150 alternate 25 free/25 back

TOTAL: 4200 yards



Week of 2-9-26 Greenville Splash Workout #3

Warm up: 1000 > 30 min

400 swim
200 drill/swim
200 stroke/swim
4 x 50 kick

First Set: 2175 > 22 minutes

Descend 1-3

3 x 300 @ 4:30
3 x 200 @ 3:15
3 x 100 @ 1:40
3 x 75 @ 1:20
3 x 50 @ 1:00

Second Set: 900 > 19 minutes

All 3 fast/1 ez

12 x 25 @ :40
12 x 25 @ :30
12 x 25 @ :25

Warm down: 200 ez swim

Total: 4275 yards