



Week of 3-23-26 Greenville Splash Workout #1

Warmup: 10 minutes choice

First set: 450 > 9 minutes

6 x 75 @ 1:30

#1: 25 free/25 fly/25 free

#2: 25 free/25 back/25 free

#3: 25 free/25 breast/25 free

#4: 25 fly/25 free/25 fly

#5: 25 back/25 free/25 back

#6: 25 breast/25 free/25 breast

Main Set: 2400 > 45 minutes

2 x 400: take 10 second rest at 300 then 100 fast
200 kick choice

2 x 300: take 10 second rest at 200 then 100 fast
200 kick choice

2 x 200: take 10 second rest at 150 then 50 fast
200 kick choice

Warmdown: choice

Total: 2850 yards (not including warmup/warmdown)



Week of 3-23-26 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

250 ez swim choice
250 alt 50 drill / 50 swim
250 alt 50 kick / 50 swim
250 pull focus on distance per stroke

First Set: 1500 > 28 minutes

3 Rounds below

1 x 100 @ 1:45 choice
2 x 75 Free @ 1:15
3 x 50 Stroke @ 1:00
4 x 25 kick choice @ :30

Sprint Set: 925 > 24 minutes

37 > 25s for Steve Croucher's birthday **choice swims odd: ez even: fast**

4 x 25 @ :45

4 x 25 @ :40

4 x 25 @ :35

4 x 25 @ :30

4 x 25 @ :45

4 x 25 @ :40

4 x 25 @ :35

4 x 25 @ :30

5 x 25 @ :45 fast !

Swim down to other end – get out and dive in as many 25s as you can

25 ez back to start

Warmdown: 200 choice ez

Total: 3650 yards



Week of 3-23-26 Greenville Splash Workout #3

Warmup: 8 minutes

Main Set: 2400 > 44 minutes

16 x 75 (50) @ 1:20

4 x 75 free 25 ez/25 fast/25 ez

4 x 75 free 25 fast/25 ez/25 fast

4 x 75 free 50 fast/25 ez

4 x 75 all fast !

16 x 50 @ 1:00

4 x 50 25 stroke mod/25 free mod

4 x 50 25 free fast /25 stroke ez

4 x 50 25 stroke fast/25 free ez

4 x 50 all fast!

16 x 25 @ :30 all choice!

4 x 25 moderate pace

4 x 25 ½ fast/half ez

4 x 25 odd: fast even: ez

4 x 25 all fast!

Warmdown: choice

TOTAL: 2400 yards (not including warmup/cooldown)