



Week of 3-30-26 Greenville Splash Workout #1

Warmup: 10 minutes choice > 500+

First set: 675 > 13.5 minutes

3 x 75 Round 1: fly @ 1:20 Round 2: back @ 1:20 Round 3: breast @1:30

#1: 50 free/25 stroke

#2: 25 stroke/25/free/25 stroke

#3: 25 free/50 stroke

Ez 25 back to start after last round

Second Set: 800 > 15 minutes

1 x 800 every 4th 25 is fast!

Extra challenge: get faster through the 800

Third Set: 600 > 10.5 minutes

6 x 100 @ 1:45 or 1:50 or 2:00 interval

#1-2: 25 breast/75 free

#3-4: 50 fly/50 free

#5-6: 75 back/25 free

Last Set: 300 > 6 minutes

2 x 50 kick fast @ 1:00

50 ez swim @ 1:00

repeat

Warmdown: 100 ez choice

Total: 3000 yards



Week of 3-30-26 Greenville Splash Workout #2
(Final Four Theme – Long Course)

Warmup (The Tip-Off): 1000 > 30 minutes

200 free ez
2 x 100 pull focus on stroke
200 kick
2 x 100 50 drill/50 swim choice
200 pull ez

First Half: Offense 2000 > 40 minutes

4 x 200 (150) pull @ 4:00 steady pace focus on stroke
4 x 150 (100) swim/kick @ 3:00 50 swim/50 kick/50 swim
4 x 100 (75) 50 fast/50 ez choice of stroke @ 2:00
4 x 50 free sprints! “fast breaks” @ 1:00

Halftime Break: 100 ez choice swim to recover

Second Half: Defense 1200 > 24 minutes

4 x 100 IM @ 2:00
4 x 50 25 back/25 free @ 1:10
4 x 100 IM @ 2:00
4 x 50 25 fly/25 free @ 1:10

Final Four Championship Rounds: 600 > 12 minutes

Free Throws: 4 x 50 perfect stroke choice @ 1:00

Overtime: 4 x 100 IM/stroke/free @ 2:00 (lay it all out - final minutes)

Cool Down (Victory Lap): 100 ez swim > 2 minutes

Total: 5000 meters



Week of 3-30-26 Greenville Splash Workout #3 (Long Course)

Warmup: 1000 > 30 min

3 x 100 ez free

6 x 50 25 back / 25 free

2 x 100 pull

4 x 50 kick choice

Main set: 3000 > 60 min

5 x 100 free/pull @ 2:00

400 IM 50 stroke/50 free OR 25 stroke/75 free @ 8:00

3 x 100 free/pull @ 1:50

4 x 50 IM order @ 1:00

100 free @ 2:00 strong pace

100 IM @ 2:00 strong pace

200 IM @ 4:00 (option: 25 stroke/25 free)

300 free/pull @ 5:30 build each 100

400 IM @ 8:00 (option: 50 stroke/50 free)

5 x 100 @ 1:40 OR 4 x 100 @ 2:00

Warmdown: 200 ez choice

TOTAL: 4200 meters