



Week of 4-13-26 Greenville Splash Workout #1

Warmup: 1000 > 30 min

200 ez swim
4 x 50 25 drill/25 swim choice
200 ez pull
4 x 50 25 back/25 free
200 swim build

Main set: 1800 > 34 min

3 times thru below:

R1 = free

R2 = IM/Stroke

R3 = choice

200 build @ 3:30

2 x 100 @ 2:00 second 100 faster than first

4 x 50 @ 1:00 descend 1-4

Last Set: 1000 > 23 minutes

4 x 50 @ 1:10 25 kick/25 free
4 x 50 @ 1:10 50 free swim descend 1-4
4 x 50 @ 1:10 25 free/25 stroke
4 x 50 @ 1:10 50 stroke IM order
4 x 50 @ 1:10 50 choice descend 1-4

Warmdown: 200 ez choice

TOTAL: 4000 meters



Week of 4-13-26 Greenville Splash Workout #2

Warmup: 5 min choice

Preset: kicking 500 > 15 min

5 min: 15 fast/15 ez

5 x 50 @ 1:00 25 ez kick/25 underwater dolphin

5 min: 15 ez/15 fast

Main Set: 1650 > 34 min

2 x (25 fast fly @ :30 + 50 ez free @ 1:00)

2 x (25 fast fly @ :30 + 25 ez free @ :30)

2 x 25 fast fly @ :30

100 ez @ 2:00

2 x (50 fast breast @ 1:05 + 50 ez free @ 1:00)

2 x (50 fast breast @ 1:05 + 25 ez free @ :40)

2 x 50 fast breast @ 1:05

100 ez @ 2:00

2 x (75 fast back @ 1:20 + 50 ez free @ 1:00)

2 x (75 fast back @ 1:20 + 25 ez free @ :40)

2 x 75 fast back @ 1:20

100 ez @ 2:00

Warmdown: 200 pull

Total: 2350 yards



Week of 4-13-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

2 x 200 ez swim
1 x 200 50 drill/50 swim choice
2 x 100 50 stroke/50 free
1 x 100 choice kick
2 x 50 choice swim

Main set: 2900 > 57min

1 x 400 @ 8:00 IM or 50 stroke/50 free
4 x 100 @ 2:00 IM or stroke or stroke/free
8 x 50 @ 1:00 Stroke IM order
1 x 300 @ 6:00 free pull
3 x 100 @ 1:45 50 strong/50 ez
6 x 50 @ 1:00 free steady pace
1 x 200 @ 4:00 IM or stroke/free
2 x 100 @ 2:00 IM or stroke
4 x 50 @ 1:00 IM order
1 x 100 @ 2:00 kick choice
2 x 50 @ 1:00 kick choice

Warmdown: 200 choice ez

Total: 4100 meters
