



Week of 4-20-26 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

1 x 200 @ 3:30 choice
3 x 100 @ 2:00 pull
4 x 50 @ 1:15 stroke
3 x 100 @ 1:45 descend 1-3

Kick set: 600 > 12 minutes

2 times thru

1 x 200 kick right into vertical kick for 1 minute
2 x 50 kick @ 1:15 fast

Freestyle set: 1800 > 32 min

3 x 150 @ 2:45 descend 1-3
3 x 100 @ 1:45 steady pace
3 x 50 @ 1:00 odd: fast even: ez
3 x 50 @ :55 strong faster pace
3 x 100 @ 1:40 descend 1-4
3 x 150 @ 2:40 steady pace

Sprint set: 600 > 12 minutes – all swims choice

2 x 50 @ :45 sprint
1 x 50 @ 1:10 easy
3 x 50 @ :50 sprint
1 x 50 @ 1:10 easy
4 x 50 @ :55 sprint
1 x 50 @ 1:10 easy

Warmdown: 4 x 50 ez choice

Total: 4200 meters



Week of 4-20-26 Greenville Splash Workout #2

Warmup: 10 minutes choice

1 x 200 ez pull no paddles – work on stroke

2 x 100 choice

4 x 50: 25 kick/25 swim @ 1:00

Main Set: 1500 > 49 min

2 x 25 freestyle @ :40 with no breaths FAST!

100 choice ez @ 2:00

4 x 25 breaststroke @ :40 with double/triple pullouts FAST!

100 choice ez @ 2:00

6 x 25 backstroke @ :40 underwater kick to 15 yards FAST!

100 choice ez @ 2:00

8 x 25 butterfly @ :40 take 4 or less breaths per 25 FAST!

100 choice ez @ 2:00

6 x 25 backstroke @ :40 underwater kick to 15 yards FAST!

100 choice ez @ 2:00

4 x 25 breaststroke @ :40 with double/triple pullouts FAST!

100 choice ez @ 2:00

2 x 25 freestyle @ :40 with no breaths FAST!

100 choice ez @ 2:00

Warmdown: 200 choice

Total: 2300 yards



Week of 4-20-26 Greenville Splash Workout #3

Warm up: 1000 > 30 minutes

400: 50 ez swim/50 choice drill

300: pull

200: 50 stroke/50 free

100 kick choice

First Set: 1200 > 25 minutes

200 pull strong pace @ 4:00

2 x 50: 25 dolphin kick/25 swim fly @ 1:10

200 swim choice: 50 fast/50 ez/50 fast/50 ez @ 4:00

2 x 50: 25 kick flutter on back/25 back @ 1:10

200 swim choice: 50 ez/100 fast/50 ez @ 4:00

2 x 50: 25 breast kick/25 breaststroke @ 1:10

200 swim choice: 50 fast/100 ez/50 fast @ 4:00

2 x 50: 25 flutter kick/25 free @ 1:10

Second Set: 1800 > 36 minutes

R1= 100's free/50's IM order R2= 100's IM/50's fast free

R3= 100's fast free/50's ez free

100 @ 2:00

50 @ 1:00

100 @ 2:00

50 @ 1:00

100 @ 2:00

50 @ 1:00

100 @ 2:00

50 @ 1:00

Warmdown: 200 ez choice

Total: 4200 meters