



Week of 4-6-26 Greenville Splash Workout #1

Warmup: 1000 > 25 min

200 ez swim

4 X 50 fly drill/kick 2rt/2lft/2reg OR 3 kicks/one pull

4 x 50 back drill/kick 6 beat switch OR wave drill

4 x 50 breast drill/kick 2 kicks/pull OR dolphin kick/breast pull

200 ez pull

Main Set: 2700 > 62 min

Round 1

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

100 free @ 2:00

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

100 free @ 2:00

2 x 50 @ 1:00 Breastroke - strong pace

100 free @ 2:00

6 x 50 @ 1:00 25 back/25 free

100 free @ 2:00

4 x 50 @ 1:10 25 breast kick/25 breast

100 free @ 2:00

2 x 50 @ 1:00 butterfly - strong pace

100 free @ 2:00

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

100 free @ 2:00

4 x 50 @ 1:10 25 dolphin kick/25 fly

100 free @ 2:00

2 x 50 @ 1:00 backstroke – strong pace

100 free @ 2:00

Warmdown: 200 choice

Total: 3900 meters



Week of 4-6-26 Greenville Splash Workout #2

Warmup: 5 minute choice

Pre-set: Butterfly drill/dolphin kick (500 – 11 minutes)

Free arms-dolphin kick Fly arms-flutter kick

fly pull/3-4 kicks 3 breast/3 fly

10 x 50 1:05 odd: drill even: dolphin kick

Main Set – 2000 - 40.5 minutes

10 x 50 1:00 (10 min) 25 fly /25 free

100 swim choice 2:00

8 x 50 1:00 (8 min) 25 free/25 fly

100 swim choice 2:00

6 x 50 1:00 (6 min) odd: fly even: choice swim

100 swim choice 2:00

4 x 50 1:00 (4 min) all fly fast

100 swim choice 2:00

2 x 50 1:15 (2.5 min) all fly fast

100 swim choice 2:00

Warmdown: 100 ez choice

Total: 2600 yards



Week of 4-6-26 Greenville Splash Workout #3

Warm up: 1000 > 30 minutes

400 ez pull or swim

300 50 kick/50 swim alternate

200 25 stroke/25 free

100 choice

Round 1: 1500 > 29 minutes

3 x 150 free @ 2:45 then 1 x 200 free fast @ 4:00

2 x 150 free @ 2:45 then 1 x 200 free fast @ 4:00

1 x 150 free @ 2:45 then 1 x 200 free fast @ 4:00

Round 2: 1050 > 19 minutes

3 x 100 free @ 1:45 then 1 x 150 free fast @ 3:00

2 x 100 free @ 1:45 then 1 x 150 free fast @ 3:00

1 x 100 free @ 1:45 then 1 x 150 free fast @ 3:00

Round 3: 600 > 12 minutes

3 x 50 free @ 1:00 then 1 x 100 free fast @ 2:00

2 x 50 free @ 1:00 then 1 x 100 free Fast @ 2:00

1 x 50 free @ 1:00 then 1 x 100 free fast @ 2:00

Warmdown: 200 ez choice

Total: 4350 meters