



## Week of 4-27-26 Greenville Splash Workout #1

### Warmup: 10 minutes choice

#### First Set: 400 > 8 minutes

2 x 50 catch up drill @ 1:00

2 x 50 kick @ 1:00

2 x 50 swim @ 1:00

2 x 50 kick @ 1:00

#### Main Set: 1800 > 36 minutes

2 x 100 build @ 2:00

200 fast @ 4:00

2 x 100 build @ 2:00

200 fast @ 4:00

4 x 50 build @ 1:00

2 x 100 1 fast 1 ez @ 2:00

4 x 50 build @ 1:00

2 x 100 1 fast 1 ez @ 2:00

4 x 25 build @ :30

2 x 50 1 fast 1 ez @ 1:00

### Warmdown: choice 200 ez

**Total: 2400 yards (not including warmup)**



## **Week of 4-27-26 Greenville Splash Workout #2**

### **Warm up: 1000 > 25 min**

200 free ez  
2 x 100 – free/stroke alternate  
4 x 50 25 kick/25 swim IM order  
200 kick/swim alternate  
200 ez pull

### **Stroke Set: 1000 > 25 min**

200 IM 50 fly/150 free @ 3:30  
4 x 25 fly @ :40  
200 IM 50 free/50 back/100 free @ 3:30  
4 x 25 back @ :40  
200 IM 100 free/50 breast/50 free @ 3:30  
4 x 25 breast @ :40  
200 IM strong @ 3:30  
4 x 25 free @ :40

### **Open water/free set (2 x through): 1000 > 19 min+**

1 – 75 tarzan drill – 25 free @ 1:45  
2 – 50 tarzan drill – 50 free @ 1:45  
3 – 25 tarzan drill - 75 free @ 1:45  
4 – 100 swim fast @ 2:00  
5 – 100 ez choice @ 2:00

### **Choice Set: 1000 > 18 min**

4 x 100 – 75 ez/25 fast @ 1:45  
3 x 100 – 50 ez/50 stroke @ 1:45  
2 x 100 – 25 ez/75 fast @ 1:45  
1 x 100 – all out fast @ 2:00

**Total: 4000 meters**



## Week of 4-27-26 Greenville Splash Workout #3

### Warmup: 1000 > 30 minutes

400 swim

200 – 50 drill/50 swim

200 – 50 stroke/50 free

4 x 50 kick

### Preset: 450 > 10.5 minutes

9 x 50 @ 1:10 25 IM order/25 free

### Main Set: 1600 > 36 minutes

#### ***4 rounds below:***

1 x 100 free @ 2:00

2 x 50 IM order by round @ 1:10 build to fast

100 free @ 2:00

4 x 25 IM order by round @ :40 fast

### Last Set: 300 > 6 minutes

3 x 100 IM fast @ 2:00

### Warmdown: 200 choice

**Total: 3550 meters**