



## Week of 5-11-26 Greenville Splash Workout #1

### Warmup: 1000 > 30 minutes

2 x 200: 100 swim/100 kick  
2 x 100: 50 choice drill/50 choice swim  
4 x 50: 25 back/25 free  
200 pull

### First set: 1600 > 32 minutes

2 x 250: free/pull @ 5:00  
2 x 200: 50 kick /50 swim alternate  
3 x 150: 50 free/50 stroke (IM order)/50 free  
2 x 100: IM @ 2:00  
50: choice fast!

### Second Set: 1800 > 34.5 minutes

3 x 100 free @ 1:45 descend 1-3  
6 x 50 choice @ 1:00 odd: fast even: ez  
3 x 100 stroke 2:00  
6 x 50 choice @ 1:00 odd: ez even: fast  
3 x 100 free @ 1:45 descend 1-3  
6 x 50 choice @ 1:00 all fast!

### Warmdown: choice 100

**Total: 4500 meters**



## **Week of 5-11-26 Greenville Splash Workout #2**

### **Warm-Up (10 min) 700**

200 easy free & back mix – find a rhythm  
4x50 (25 underwater kicks + 25 free) – streamline challenge!  
4x25 fly drill (single-arm, body wave, or scull)  
4x50 backstroke (descend speed, smooth rotation)

### **Round 1: 700 > 15 minutes**

4 x 75 free (negative split) @ 1:30  
4 x 50 backstroke (steady pace – perfect stroke) @ 1:00  
4 x 25 fly (focus on smooth technique) @ :40  
4 x 25 underwater kick @ :40

### **Round 1: 525 > 11.5 minutes**

3 x 75 free (negative split) @ 1:30  
3 x 50 backstroke (steady pace – perfect stroke) @ 1:00  
3 x 25 fly (focus on smooth technique) @ :40  
3 x 25 underwater kick @ :40

### **Round 2: 350 > 8 minutes**

2 x 75 free (negative split)  
2 x 50 backstroke (steady pace – perfect stroke)  
2 x 25 fly (focus on smooth technique)  
2 x 25 underwater kick

### **Round 3: 175 > 4.5 minutes**

75 free @ max effort @ 1:30  
50 backstroke – push the pace! @ 1:15  
25 fly fast! @ :45  
25 underwater kick fast! @ :45

### **Warmdown: 200 ez choice**

**Total: 2650 yards**



## Week of 5-11-26 Greenville Splash Workout #3

### Warmup: 1000 > 30 minutes

300: 50 drill/50 swim

6 x 50: choice

200: kick choice

4 x 50 stroke

### Main Set: 2800 > 56 minutes (4 rounds)

#### **Round 1: free or pull**

400 @ 7:00 build

200 @ 4:00 build

100 @ 2:00 build

#### **Round 2: IM or stroke/free**

2 x 200 IM or 25 stroke/25 free @ 4:00

2 x 100 IM @ 2:00

2 x 50 stroke @ 1:00

#### **Round 3: choice**

4 x 100 @ 2:00 odd: ez even: fast

4 x 50 @ 1:00 odd: ez even: fast

4 x 25 @ :40 odd: ez even: fast

#### **Round 4: choice**

4 x 100 @ 1:45

4 x 50 @ :55

4 x 25 25 ez / 4 streamline jumps / 25 fast

Warmdown: 4 x 50 odd: backstroke even: free

**Total: 4000 meters**