



Week of 5-25-26 Greenville Splash Workout #1

Warmup: 800 > 25 minutes

200 ez swim

2 x 100 50 stroke/50 free

4 x 50 kick or 25 kick/25 swim

200 ez pull – bouy only

Main Set: 3000 > 56 minutes

3 times through below: R1 = no equipment R2 = pull R3 = fins

4 x 150 R1 @ 3:00 R2 @ 2:45 R3 @ 2:30

3 x 100 R1 @ 2:00 R2 @ 1:45 R3 @ 1:30

2 x 50 R1 @ 1:00 R2 @ :50 R3 @ :40

Masters minute between rounds

Warmdown: 200 choice

Total: 4000 meters



Week of 5-25-26 Greenville Splash Workout #2

Warmup: 5 min choice

Pre-set: 400 > 10 minutes (4 time thru below)

Odd: 25 swim - 4 streamline jumps – 25 swim @ 1:15

Even: 25 swim – 15 second vertical kick – 25 swim @ 1:15

Main Set: 1500 > 34 minutes

3 rounds thru below:

R1: kick = dolphin/stroke = butterfly

R2: kick = flutter on back / stroke = backstroke

R3: kick = breast kick / stroke = breaststroke

4 x 25 kick @ :40

3 x 50 stroke @ 1:00

2 x 75 25 free/25 stroke/25 free @ 1:20

1 x 100 free fast! @ 2:00

Last set: 200 yards > 6 minutes

4 times thru below:

25 swim – 30 second vertical kick – 25 choice swim fast @ 1:30

Total: 2100 yards (not including warmup or warmdown)



Week of 5-25-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

400 swim
200 50 drill/50 swim
200 50 stroke/50 swim
4 x 50 kick

Main Set: 3000 > 57.50

5 x 300 @ 5:30

Broken with 20 seconds: 70%/90% effort

250/50
200/100
150/150
100/200
50/250

5 x 200 @ 4:00

Broken with 20 seconds rest: 70%/90% effort

150/50
100/100
100/100
100/100
50/150

5 x 100 @ 2:00

Broken with 10 seconds rest: 70%/90% effort

75/25
50/50
50/50
50/50
25/75

Warmdown: 200 ez choice

Total: 4200 meters