



Week of 5-4-26 Greenville Splash Workout #1

Warm up: 1000 > 30 min

200 choice

2 x 100 drill/swim

4 x 50 kick

200 pull

2 x 100 stroke/free

Main Set: 3000 > 60 minutes

4 times through (750 per round)

R1 = free/pull **odd:** ez **even:** faster pace

R2 = 25 > kick in each set

R3 = 50s > stroke/free 100s > IM or stroke

R4 = free/pull (faster interval drop 10 seconds)

5 x 50 @ 1:00

5 x 100 @ 2:00

Warmdown: 4 x 50 ez choice

Total: 4200 meters



Week of 5-4-26 Greenville Splash Workout #2

Warm up: 10 minutes choice

Main Set: 80 x 25 > 2000 (48 minutes)

- 8 x 25 drill @ :40 (odd: tarzan even: doggie dig)
- 4 x 25 flutter kick @ :40
- 8 x 25 free @ :30 (odd: fast even: ez)
- 4 x 25 dolphin kick @ :40
- 8 x 25 free @ :25 (2 fast/2 ez)
- 4 x 25 choice kick @ :40
- **BREAK 1 MINUTE**
- 8 x 25 free @ :20 (strong pace)
- 4 x 25 ez stroke choice @ :40
- 8 x 25 breast @ :40 (double pullouts)
- 4 x 25 stroke @ :30 IMO
- 8 x 25 back @ :40 (work underwaters)
- 4 x 25 choice @ :40 ALL FAST!
- 8 x 25 choice EZ @ :40

Total: 2000 (warmup & warmdown not included)



Week of 5-4-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

200 swim choice

200 50 drill/50 swim

200 pull

200 25 kick/25 swim choice

200 swim choice

First Set: 3600 > 74 minutes

4 x 250 @ 5:00 pull or free

4 x 50 @ 1:00 choice swim

4 x 200 @ 4:00 50 kick/50 free alternate (can wear fins)

4 x 50 @ 1:05 25 tarzan drill/25 free

4 x 150 @ 3:00 pull or free

4 x 50 @ 1:10 stroke OR 25 stroke/25 free

4 x 100 @ 2:00 I.M.

4 x 50 @ 1:15 choice – all fast!

Warmdown: 200 ez choice

Total: 4200 meters