



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

Warmup: 800 > 25+ min

200 ez swim choice
2 x 100: 50 free/50 stroke
200 pull
2 x 100: 50 kick/50 swim

First Set: 1600 > 29 minutes

2 x 50 choice @ 1:00
300 @ 5:30 100 ez/100 strong/100 ez
2 x 50 choice @ 1:00
2 x 150 @ 2:45 50 fast/50 ez/50 fast
2 x 50 choice @ 1:00
300 @ 5:00 100 strong/100 ez/100 strong
2 x 50 choice @ 1:00
2 x 150 @ 2:30 50 ez/50 fast/50 ez

Second Set: 1600 > 33 minutes

2 x 50: 25 flutter kick / 25 free @ 1:10
3 x 100: 25 stroke/75 free @ 1:50 *stroke fast*
2 x 50: choice swim @ 1:00
3 x 100: 75 free/25 stroke @ 1:50 *free fast*
2 x 50: 25 dolphin kick / 25 free @ 1:10
3 x 100: 25 free/50 stroke/25 free @ 2:00 *stroke-fast*
2 x 50: choice swim @ 1:00
3 x 100: 50 stroke/50 free @ 2:00 *all fast*

Warmdown: 200 ez choice

Total: 4200 meters



Week of 6-1-26 Greenville Splash Workout #2

"Swim 4 the Buns"

Warmup: 1000 > 30 minutes

400 ez choice swim
300 100 swim/100 kick/100 swim
200 50 stroke/50 free
100 choice

1st Set: " Activate the Glutes" 400 > 8 minutes

4 x 50 @ 1:00 25 drill / 25 swim Focus: hips high, long body line
4 x 50 @ 1:00 Build Smooth to Strong

2nd Set:"Buns of Steel" 300 > 7 minutes

6 x 50 1:10 *Odd* = 25 Kick/25 Swim *Even* = 25 Swim/25 Kick

3rd: "Back End Hell" 1600 > 30 minutes

1 x 400 @ 7:00 250 Moderate/150 FAST
2 x 200 @ 3:30 #1 = 150 Mod/50 Fast, #2 = 100 Moderate/100 Fast
4 x 100 @ 1:50 *Odd* = 75 Mod/25 Fast *Even* = 25 Moderate/ 75 Fast
8 x 50 @ 1:00 25 Moderate/25 Fast

4th Set : "The Glute Gauntlet" 600 > 12 minutes

2 x Through the following

1x 100 Strong @ 2:00
1x 50 Kick Strong @
1 x 100 Faster than first @ 2:00
1 x 50 Easy

Warmdown: 200 ez choice

Total: 4100 Meters



Week of 6-1-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

400 swim: Every 4th 50: sight twice (simulate spotting buoys).

4 × 100 25 drill + 75 swim

4 × 50 Odd: breathe every 3/5/7 by 50 Even: sight every 6–8 strokes

Main Set: 3000 > 52.5 minutes

6 × 200 @ 3:30 moderate aerobic pace. Every 50: sight twice.

6 × 150 @ 2:30 pull. 50 ez/50 fast/50 ez

6 × 100 @ 1:45 odd: ez even: strong pace

6 × 50 @ 1:00 strong effort. Sight every 6–8 strokes.

Warmdown: 200 choice ez

Total: 4200 meters