



## Week of 6-15-26 Greenville Splash Workout #1

### Warmup: 500 > 12 min

200 ez choice

6 x 50 @ 1:15 25 swim / 15 sec vertical kick / 25 swim choice

### Main Set: 1650 > 45 minutes

**20 X 25 @ :40 (15 min)**

1 EZ / 4 fast

*50 easy*

**20 X 25 @ :35 (13.5 min)**

2 EZ / 2 FAST

*50 easy*

**20 x 25 @ :30 (can add fins or other equipment) (10 min)**

1 EZ / 1 FAST

*50 easy*

**Warmdown:** 200 ez choice

**Total: 2350 yards**



## Week of 6-15-26 Greenville Splash Workout #2

**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 all choice stroke > 61 minutes**

*Broken 500s: (take 20 seconds rest > 1000 > 20 minutes)*

**R1 = 50 ez – 100 fast – 200 mod – 100 fast – 50 ez**

**R2 = 50 fast – 100 ez – 200 fast – 100 ez – 50 fast**

*Broken 400s: take 20 seconds rest > 800 > 16 minutes)*

**R1 = 100 fast – 50 ez – 50 fast – 100 ez – 50 fast – 50 ez**

**R2 = 50 ez – 50 fast – 100 fast – 100 ez – 50 fast – 50 fast**

*Broken 300s: take 15 seconds rest > 600 > 12 minutes)*

**R1 = 100 ez – 50 fast – 50 fast – 100 ez**

**R2 = 50 ez – 100 fast – 50 ez – 100 fast**

*Broken 200s: take 15 seconds rest > 400 > 8 minutes)*

**R1 = 50 fast – 50 ez – 100 fast**

**R2 = 50 ez – 100 fast – 50 ez**

*Broken 100s: take 10 seconds rest > 200 > 5 minutes)*

**R1 = 50 ez – 50 fast**

**R2 = 25 ez – 25 fast – 25 ez – 25 fast**

**Warmdown: 4 x 50 ez choice**

**Total: 4200 meters**



**Week of 6-15-26 Greenville Splash Workout #3**

**Warmup: 1000 > 25 min**

4 x 100 2:00 50 drill/50 swim  
3 x 100 2:00 50 free/50 stroke  
2 x 100 2:00 free  
1 x 100 2:00 kick

**Main Set 2700 > 58 min**

8 x 50 IM order @ 1:10  
100 free @ 2:00  
4 x 50 IM order @ 1:10 odd: ez even: fast  
100 free @ 2:00  
2 x 50 choice stroke @ 1:10 all fast!

8 x 50 Free @ 1:00 descend 1-4 and 5-8  
100 kick @ 2:00  
4 x 50 Free @ 1:00 odd: ez even: fast  
100 kick @ 2:00  
2 x 50 Free @ 1:00 fast!

8 x 50 @ 1:00 choice descend 1-4 and 5-8  
100 IM @ 2:00  
4 x 50 @ 1:00 choice odd: ez even: choice  
100 IM @ 2:00  
2 x 50 @ 1:00 choice fast!

**Warm down: 4 x 50 choice**

**Total: 3900 meters**