



## Week of 6-22-26 Greenville Splash Workout #1

### Warmup: 1000 > 30 minutes

200 swim

200 pull

200 IM drill

200 free

200 kick

### Preset: 400 > 9.5 minutes

8 x 50 @ 1:10 repeat below twice

#1 catchup drill

#2 6 kick – 3 strokes alternate

#3 3 right / 3 left / 3 both

#4 distance per stroke (DPS)

### Main Set: 2000 > 38 minutes

4 x 200 @ 3:30 #1-3 first 50 choice drill / #4 fast

4 x 150 @ 3:00 #1-3 first 50 choice drill / #4 fast

4 x 100 @ 2:00 #1-3 first 25 drill / #4 fast

4 x 50 @ 1:00 #1-3 first 25 drill/ #4 fast

### Sprint Set: 200 > 4 minutes

4 x 50 @ 1:00 25 fast/25 ez

Warmdown: 100 distance per stroke/100 ez

**Total: 3800 meters**



## Week of 6-22-26 Greenville Splash Workout #2

**Warm up:** 5 min choice

**Preset 50s: 6 x 50 300 > 9 min**

25 swim – 30 sec vertical kick – 25 swim build choice @ 1:30

**MAIN SET: 1800 > 35 minutes**

***3 times through below:***

100 @ 1:45 R1= free R2= IM R3= choice

50 *fast* @ 1:00 R1= fly R2= free R3= choice

100 @ 1:45 R1= free R2= IM R3= choice

50 *fast* @ 1:00 R1= back R2= free R3= choice

100 @ 1:45 R1= free R2= IM R3= choice

50 *fast* @ 1:00

100 @ 1:45 R1= free R2= IM R3= choice

50 *fast* @ 1:00

***MASTERS MINUTE between rounds***

**Warmdown:** 4 x 50: 25 back/25 free ez @ 1:00

**TOTAL: 2300 yards**



## Week of 6-22-26 Greenville Splash Workout #3

### **Warmup: 1000 > 30 minutes**

300 ez swim

200 pull with buoy only

3 x 100 25 kick/25 swim alternate

4 x 50 25 back/25 free

### **Preset: 1100 > 22 minutes**

5 x 50 @ 1:00 25 ez/25 build

100 ez – mod choice @ 2:00

4 x 50 @ 1:00 25 fast/25 ez

100 ez – mod choice @ 2:00

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

100 ez – mod choice @ 2:00

2 x 50 @ 1:00 fast!

100 ez-mod choice @ 2:00

### **Main Set: 1800 > 36 minutes**

1 x 300: ez pull – long strokes @ 6:00

2 x 200: fast / EZ @ 4:00

3 x 150: fast / EZ /fast @ 3:00

4 x 100: EZ / Fast / EZ / Fast @ 2:00

5 x 50: EZ / Fast / EZ / Fast / EZ @ 1:00

**Warmdown:** choice 200 ez

**Total: 4100 meters**