



## Week of 6-8-26 Greenville Splash Workout #1

### Warmup: 1000 > 30 min

400 swim

300 alternate 100 free/100 back

200 kick

100 choice

### Main Set: 2800 > 59 min

6 x 50 @ 1:00 odd: kick even: free

8 x 100 @ 2:00 choice swim odd: 50 fast/50 ez even: 50 ez/50 fast

10 x 50 @ 1:15 odd: 25 swim ez/15 sec vertical kick/25 swim fast

Even: 25 swim / 4 streamline jumps / 25 swim fast

### **12 x 100 – intervals below – choice of swim**

#1-#4 @ 1:50 build

#5- #8 @ 1:45 descend

#9-#10 @ 1:40 50 fast/50 ez

#11-#12 @ 1:30 all fast

Warmdown: 200 ez choice

**Total: 4000 meters**



## Week of 6-8-26 Greenville Splash Workout #2

**Warmup: 10 minutes choice**

**Main Set: 2000 > 45 minutes**

**40 x 50 – breakout of set below**

16 x 50 @ 1:05 50 free/50 breast/50 back/50 fly repeat 4 times – fly is fast!

12 x 50 @ 1:10 50 free/50 breast/50 back repeat 4 times – back is fast!

8 x 50 @ 1:10 50 free/50 breast – repeat 4 times – breast is fast!

4 x 50 @ 1:20 all free fast!

**Warmdown: 200 ez choice**

**Total: 2200 yards – not including warmup**



## Week of 6-8-26 Greenville Splash Workout #3

### Warmup: 1000 > 30 minutes

2 x 200 50 drill/50 swim  
2 x 100 50 stroke/50 free  
4 x 50 kick  
200 ez pull

### Main Set: 3000 > 55 minutes

2 x 300 1 @ 5:30 1@ 5:00

4 x 200 2 @ 3:45 2 @ 3:15

8 x 100 2 @ 2:00, 2 @ 1:50, 2 @ 1:40, 2 @ 1:30

16 x 50 4 @ 1:00, 4 @ :55, 4 @ :50, 4 @ :45

Warmdown: 200 choice ez

**Total: 4200 meters**