



## Week of 6-29-26 Greenville Splash Workout #1

### Warmup: 1000 > 20 minutes

250 free, 250 mixed strokes, 250 pull, 250 alternate kick/drill

### First Set: 500 > 9 minutes

2 x 250: 50 kick - 50 catch up drill- 50 kick – 50 DPS – 50 free

### Main Set: 1500 > 27 minutes

6 x 250 @ 4:30

#1: 50 fast / 200 ez

#2: 100 fast / 150 ez

#3: 150 fast / 100 ez

#4: 200 fast / 50 ez

#5: 250 fast – excellent effort

#6: 250 kick with fins – alternate 25 fast/25 ez

### Sprint Set: 250 > 5 minutes

10 x 25 5 @ :30 5 @ :25

Warmdown: 250 - 5 x 50 ez pull > 5 minutes

**Total: 3500 yards**



## Week of 6-29-26 Greenville Splash Workout #2

### Warmup: 1000 > 25 minutes

200 ez swim choice  
4 x 50 25 kick / 25 swim choice  
4 x 50 25 stroke / 25 free  
200 pull

### Set #1: "50 stars" 1000 > 18 minutes

5 x 100 @ 1:50 odd: 50 ez / 50 fast even: 50 fast / 50 ez  
5 x 100 @ 1:45 pick a 50 within the 100 to swim fast

### Set #2: "13 Colonies" 700 > 14 minutes

**13 x 50 @ 1:00**  
#1-4 free descend 1-4  
#5-7 backstroke – steady pace  
#8-10 breaststroke – steady pace  
#11-13 choice – your choice fast!  
Ez 50 back to start

### Set #3: "The Fireworks Finale" 1250 > 25 minutes

5 x 250 broken @ 5:00 all choice! *odd: take 15 seconds rest in between*  
*even: take 10 seconds rest in between below*

**50 blast – 10 seconds rest**  
**100 cruise – 10 seconds rest**  
**50 blast – 10 seconds rest**  
**50 strong**

Warmdown: 200 ez choice

**Total: 4150 meters**



## Week of 6-29-26 Greenville Splash Workout #3

### Warmup: 900 > 25 minutes

250 ez choice swim/kick

13 x 50 stars and stripes odd: free even: choice

### Main Set: "1776 theme" 3100 > 64 minutes

*2 rounds below:*

1 x 250 @ 5:00 R1 = moderate R2 = Fireworks fast!

7 x 50 @ 1:10 R1/R2 = odd: 76 drill (7 strokes/6 kicks alt) even: free

7 x 50 @ 1:00 R1/R2 = fast/mod/ez repeat #7 ez

6 x 100 @ 2:00 R1 = fast/mod/ez repeat R2 = 4 seconds rest

Warmdown: choice ez 100

**Total: 4100 meters**