



Week of 7-13-26 Greenville Splash Workout #1

Warm up - 1000 > 30 min

250 ez swim/pull

250: 50 swim/50 kick alternate

5 x 50: odd: free even: stroke

5 x 50: pull working on distance per stroke

First set: 1800 > 27 min

2 x 200 @ 3:30 pull or free

8 x 50 @ 1:00

2 x 150 @ 2:30 pull or free

6 x 50 @ 1:00

2 x 100 @ 2:00 pull or free

4 x 50 @ 1:00

Second set: 1200 > 26 min

1 x 100 @ 2:15 kick

4 x 50 swim choice @ 1:00 descend 1-4

1 x 100 @ 2:15 kick

4 x 100 swim choice @ 2:00 neg split

1 x 100 @ 2:15 kick

4 x 50 swim choice @ 1:00 descend 1-4

1 x 100 @ 2:15 kick

Warmdown: 200 ez choice

Total: 4200 meters



Week of 7-13-26 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

400 swim choice
300 alternate 50 drill/50 swim
200 alternate 50 stroke/50 free
100 kick choice

Pre-Set: 800 > 16 minutes

16 x 50 @ 1:00 choice of free or stroke
#1-4: 25 drill/25 swim
#5-8: 25 drill/25 build
#9-12: 25 breath every 5th stroke/25 swim
#13-16: build to fast finish

Main Set: 2100 > 30 minutes *3 times thru below:*

2 x 200 @ 3:30

#1: 50 mod/50 fast/100 mod
#2: 50 fast/50 mod/100 fast

2 x 100 @ 1:50

#1: 25 mod/25 fast/50 mod
#2: 25 fast/25 mod/50 fast

2 x 50 @ 1:00

#1: fast
#2: moderate

Warmdown: 200 ez choice

Total: 4100 meters



Week of 7-13-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

2 x 200 swim
200 kick
2 x 100: 50 back/50 free
200 pull
4 x 50: 25 stroke/25 free

Main Set: 2300 > 40 minutes

1 x 50 choice swim @ 1:00
1 x 100 free swim ez @ 2:00
2 x 50 choice swim @ 1:00
2 x 100 negative split @ 1:55
3 x 50 choice swim @ 1:00
3 x 100 free build @ 1:50
4 x 50 choice swim @ 1:00
4 x 100 free descend 1- 4 @ 1:45
5 x 50 choice swim @ 1:00
5 x 100 hold pace @ 1:40
50 ez back to start

Last Set: 900 > 18 minutes

4 x 50 fly (or 25 fly/25 free) @ 1:00
100 free ez @ 2:00
3 x 50 back (or 25 back/25 free) @ 1:00
100 free ez @ 2:00
2 x 50 breast @ 1:10
100 free ez @ 2:00
1 x 50 free FAST! @ 1:00
100 free ez @ 2:00

TOTAL: 4200 meters