



Week of 7-20-26 Greenville Splash Workout #1

Warmup: 500 choice > 10 minutes

First set: 600 > 11 minutes

4 x 50 kick @ 1:15

8 x 50 choice #1-2 @ 1:05 #3-4 @ 1:00 5-6 @ :55 7-8 @ :50

Main set: 1650 > 31.5 minutes

3 rounds: R1 25s = Fly, R2 25s = Back R3 25s = Breast

4 x 25 @ :40

3 x 100 free @ 1:30

1 x 100 IM fast @ 1:50

50 ez choice

Warmdown: 200 ez choice

Total: 2950 yards



Week of 7-20-26 Greenville Splash Workout #2

Warmup: 1000 > 21 minutes

2 x 150 alternate 50 drill/50 swim
3 x 100 pull (no paddles) focus on stroke
8 x 50 odd: kick even: swim

Kick set: 300+ > 11 minutes

3x thru

1 x 50 kick @ 1:15
1:00 vertical kick
1 x 50 kick @ 1:15 fast

Freestyle/pull set: 1800 > 30 minutes

4 x 100 @ 1:50 long & strong
4 x 50 @ 1:00 descend 1-4
4 x 100 @ 1:45 odd: ez even: fast
4 x 50 @ 1:00 descend 1-4
4 x 100 @ 1:40 make interval – steady pace
4 x 50 @ 1:00 descend 1-4

IM set: 800 > 17 minutes

2x thru

3 x 50 @ 1:10 IM order (Fly, Back, Breast)
1 x 50 @ 1:10 easy free
1 x 200 @ 3:45 IM strong

Warmdown: 4 x 50 ez choice @ 1:00

Total: 4100 meters



Week of 7-20-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

200 free swim @ 4:00
2 x 100 free drill – catchup drill @ 2:00
200 reverse IM kick @ 4:00
2 x 100 IM drill @ 2:00
200 choice swim @ 4:00

7 x 50s Rolling IM: 700 > 17 min

(R1 drill @ 1:10 / R2 swim @ 1:10)

50 fly
25 fly/25 back
50 back
25 back/25 breast
50 breast
25 breast/25 free
50 free

Main Set: 2000 > 40 minutes

100 IM @ 2:00
2 x 50 free @ 1:00 steady pace
200 IM @ 4:00 (option: 25 swim/25 free)
4 x 50 free @ 1:00 build
300 IM @ 6:00 (option: 50 stroke/25 free)
6 x 50 free @ 1:00 moderate pace
400 IM @ 8:00 (option: 50 stroke/50 free)
8 x 50 free @ 1:00 odd: ez even: fast
100 free smooth @ 2:00

Warmdown: 200 ez choice

Total: 3900 meters