



Week of 7-6-26 Greenville Splash Workout #1

World Cup Workout - Let's Go USA!

Warmup: 600 > 10 minutes

200 swim, 200 pull, 200 drill

Opening Kick Set: 200 > 4 minutes

4 x 50 Kick: 25 Streamline Kick/25 Swim Easy @ 1:00

First Half: 850 > 17 minutes

4 x 25 Sprint on :30

1 x 50 Easy on 1:00

2 x 50 Sprint on 1:00

1 x 50 Easy on 1:00

2 x 75 Sprint on 1:30

1 x 100 Easy on 2:00

2 x 100 Sprint on 2:00

1 x 100 Easy on 2:00

Free Kick: 5 Minutes Social Kick

Second Half: Can Use Fins: 850 > 17 minutes

4 x 25 Sprint on :30

1 x 50 Easy on 1:00

2 x 50 Sprint on 1:00

1 x 50 Easy on 1:00

2 x 75 Sprint on 1:30

1 x 100 Easy on 2:00

2 x 100 Sprint on 2:00

1 x 100 Easy on 2:00

Beware of the Following From the Coach's Whistle:

Yellow Card: Change to Back or Breast

Red Card: Change to Fly

Penalty Kick: No Breath Underwater Kick

Cool Down: Sing Country Roads while vertical kicking with your lane mates

Total: 2500 yards + Kicking



Week of 7-6-26 Greenville Splash Workout #2

Oceans 7 Workout for Steve Leitch

Warmup: 800 > 20 minutes

300 ez swim

200: 50 kick/50 swim choice

200: pull

100: 25 IM order/25 free

Preset: 500 > 13.5 min "20 for Catalina Channel Swim"

10 x 25 @ :40 25 kick flutter/25 swim

10 x 25 @ :40 25 swim/25 kick dolphin

Main Set: "Oceans 7" 2650 meters > 46 minutes

7 x 125 @ 2:00 odd: 50 ez/**50 fast**/25 ez even: **50 fast**/50 ez/**25 fast**

7 x 100 @ 1:40 odd: IM even: free/pull

7 x 75 @ 1:20 odd: stroke/free/stroke odd: free/stroke/free

7 x 50 @ 1:00 odd: free fast! even: stroke ez

7 x 25 @ :30 odd: sprint! even: ez

25 ez back to start

Warmdown: 200 ez choice

Total: 4150 meters



Week of 7-6-26 Greenville Splash Workout #3

Warmup: 5 minute choice

Pre-set: Butterfly drill/dolphin kick (500 > 11 minutes)

Free arms / dolphin kick Fly arms / flutter kick
fly arms/3-4 dolphin kicks fly arms / breast kick
10 x 50 @ 1:05 odd: drill even: dolphin kick

Main Set: 2000 > 40.5 minutes

10 x 50 @ 1:00 (10 min) 25 fly /25 free
100 swim choice @ 2:00
8 x 50 @ 1:00 (8 min) 25 free/25 fly
100 swim choice @ 2:00
6 x 50 @ 1:00 (6 min) odd: fly even: choice swim
100 swim choice @ 2:00
4 x 50 @ 1:00 (4 min) all fly fast
100 swim choice @ 2:00
2 x 50 @ 1:15 (2.5 min) all fly fast
100 swim choice @ 2:00

Total: 2500 yards