



Week of 7-27-26 Greenville Splash Workout #1

Warmup: choice 8 minutes

Preset: 600 > 13.5 minutes

8 x 25 @ :40

odd: 25 breaststroke arms – dolphin kick

even: 25 breaststroke arms – flutter kick

8 x 50 @ 1:00 25 breaststroke kick (no board)/ 25 free

First set: 450 > 9 minutes

6 x 75: with pull buoy. below 2 times through @ 1:30

Focus on small quick kicks – buoy forces you to do that

25 breast/50 free

25 free/25 breast/25 free

50 free/25 breast

Main Set: 1050 > 22.5 minutes

3 times through - focus is on perfect breaststroke

50 – free/breast @ 1:00

75 – free/breast/free @ 1:30

100 – 50 free/25 breast/50 free @ 1:50

125 - 50 free/50 breast/50 free @ 2:00

Masters minute between rounds

Warmdown: 4 x 50 ez choice

TOTAL: 2300 yards (does not include warmup)



Week of 7-27-26 Greenville Splash Workout #2

Warmup: 5 min choice

Kick set: 400 > 10 minutes @ :35 interval

4 x 25 dolphin kick
4 x 25 back kick
4 x 25 breast kick
4 x 25 flutter kick

Stroke mix ups: 400 > 9 minutes @1:05

2 x 50: fly arms/breastroke kick
2 x 50: Double arm back/breastroke kick
2 x 50: Breast arms/flutter kick
2 x 50: free arms/dolphin kick

IM Set: 900 > 15 minutes

25 IM: 3 strokes fly/back/breast/free @ :30
50 IM: ½ length fly/back/breast/free @ 1:00
75 IM: 25 fly/back/breast (no free) @ 1:30
100 IM: 25 fly/back/breast/free @ 2:00
125 IM: 25 fly/back/breast/50 free @ 2:30
150 IM: 50 fly/back/breast (no free) @ 3:00
175 IM: 50 fly/back/breast/75 free @ 3:30
200 IM: 50 fly/back/breast/free 4:00

Final set: 500 yards > 11 min

2 x 50 fly @ 1:10
2 x 50 back @1:10
2 x 50 breast @ 1:10
100 free ez @ 2:00
100 IM fast @ 2:00

Total: 2200 yards (not including warmup or warmdown)



Week of 7-27-26 Greenville Splash Workout #3

Warmup: 1000 > 30 min

200 choice swim/200 choice pull/ 200 choice kick / 200 choice /200 pull

Main Set: 2600 > 55 minutes

2 x 50 free @ 1:00

200 free @ 3:30

2 x 50 breast @ 1:10

200 IM: 100 free/50 breast/50 free @ 3:30

2 x 50 Back @ 1:00

200 IM: 50 free/50 back/50 breast/50 free @ 3:30

2 x 50 Fly @ 1:00

-----MASTERS MINUTE-----

200 IM: IM order > 25 stroke/25 free @ 4:00

4 x 50 free @ 1:00 descend 1-4

200 IM: 50 fly/25 stroke-25 free > back & Breast/50 free @ 4:00 interval

4 x 50 free @ 1:00 odd: ez even: fast

200 IM: 50 fly/50 back/25 free-25 breast/free 3:30 interval

4 x 50 free @ 1:00 descend 1-4

200 IM @ 4:00

4 x 50 free @ 1:00 odd: ez even: fast

Warmdown: 200 ez choice

Total: 3800 meters