



Week of 8-10-26 Greenville Splash Workout #1

Warmup: 1000 > 30 min

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

First Set: 600 > 12 minutes

4 x 50 @ 1:00 25 stroke drill (IM order)/25 free

4 x 50 @ 1:00 25 kick choice /25 swim choice

4 x 50 @ 1:00 build odd: stroke even: free

Second Set: 900 > 18 minutes

4 x 75 @ 1:30 50 free-25 fly, 50 free-25 back, 50 free-25 breast, 75 free

4 x 75 @ 1:30: 25 free-50 fly, 25 free-50 back, 25 free-50 breast, 75 free

4 x 75 @ 1:30 75 fly, 75 back, 75 breast, 75 free

Third Set: 1200 > 21 minutes

4 x 100 @ 1:45 25 FL-75 FR, 25 FR-25 BK-50 FR, 50 FR-25 BR-25FR, 100 FR

4 x 100 @ 1:45 25 fast stroke/75 mod free

4 x 100 @ 1:45 odd: IM FAST! even: Free FAST!

Warmdown: 200 choice ez

Total: 3900 yards



Week of 8-10-26 Greenville Splash Workout #2

Warmup: choice 7 minutes

Main set: 2400 > 48 minutes

100 swim free with fins, moderate @ 1:45

3 x 50 free kick on side with fins, kicking hard @ 1:10

4 x 25 swim free hard - SPRINT! @ :30

Repeat set

After 2nd time thru - 100 ez free swim @ 2:00

800 yards

100 swim choice with fins (no fins-breaststroke) moderate @ 1:45

3 x 50 choice kick with fins and board, kicking hard @ 1:10

4 x 25 swim choice hard - SPRINT! @ :30 rest

Repeat set

After 2nd time thru - 100 ez free swim @ 2:00

800 yards

100 pull free with buoy & paddles, moderate 1:45

3 x 50 free pull with buoy & paddles, pulling hard 1:10

4 x 25 swim free hard (no buoy/no paddles) SPRINT! :30

Repeat set

After 2nd time thru - 100 ez free swim @ 2:00

800 yards

Total: 2400 yards (does not include warm-up)



Week of 8-10-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

300 ez swim
2 x 150 kick/drill/swim choice
3 x 100 stroke/free alternate
100 ez pull

Preset: 400 > 8 minutes

4 x 50 25 drill/25 swim @ 1:00
4 x 50 25 kick/25 swim @ 1:00

Main Set: 2450 > 45 minutes *2 times through below:*

200 free @ 3:15
200: 25 IM order/25 free @ 3:30
200 IM fast @ 3:45
100 ez choice swim @ 2:00
100 free @ 1:45
100: 50 back/50 free @ 1:45
100 back fast @ 1:45
50 ez choice swim @ 1:15
50 free @ 1:00
50: 25 butterfly/25 free @ 1:05
50 butterfly fast @ 1:10
25 ez choice swim @ :40

Warmdown: 200 choice ez

TOTAL: 4050 yards