



Week of 8-17-26 Greenville Splash Workout #1

Warmup: 900 > 25 minutes

300 swim choice

3 x 100 50 drill/50 swim

6 x 50 25 stroke/25 swim

Preset: 400 yards > 8 minutes

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

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

Round 1: 1400 yards > 23 minutes

4 x 100 free @ 1:30 pace 100 stroke fast @ 2:00

3 x 100 free @ 1:30 pace 100 stroke fast @ 2:00

2 x 100 free @ 1:30 pace 100 stroke fast @ 2:00

1 x 100 free @ 1:30 pace 100 stroke fast @ 2:00

Round 2: 700 yards > 17.5 minutes

4 x 50 stroke @ 1:15 pace (FLy/BA/Br/Fr) 50 free fast @ 1:15

3 x 50 stroke @ 1:15 pace (FLy/BA/Br) 50 free fast @ 1:15

2 x 50 stroke @ 1:15 pace (FLy/BA) 50 free fast @ 1:15

1 x 50 stroke @ 1:15 pace (FLY) 50 free fast @ 1:15

Round 3: 350 yards > 8 minutes

4 x 25 kick @ :30 25 choice fast @ :45

3 x 25 kick @ :30 25 choice fast @ :45

2 x 25 kick @ :30 25 choice fast @ :45

1 x 25 kick @ :30 25 choice fast @ :45

Warmdown: 200 choice ez

Total: 4150 yards



Week of 8-17-26 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

400 swim
200 IM drill
100 kick
200 swim
100 IM ez

Preset: 400 > 8.5 minutes

200 pull @ 3:00
100 IM drill @ 2:00
2 x 50 kick @ 1:30
100 swim DPS (distance per stroke) @ 2:00

Main Set: 1500 > 26.5 minutes

4 x 75 @ 1:20 descend
2 x 200 @ 3:00 #1 moderate #2 strong
4 x 50 choice @ 1:00 descend
2 x 150 @ 2:20 #1 moderate #2 strong
4 x 25 @ :45 descend
2 x 100 @ 1:40 #1 moderate #2 strong

Last Set: 900 > 21 minutes

3 time through below

2 x 75 IM @ 1:30
4 x 25 stroke @ :45
50 ez @ 1:00

Warmdown: 200 ez choice

Total: 4000 yards



Week of 8-17-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

200 swim / 200 drill-swim / 200 pull / 200 swim choice

First Set: 400 > 8 minutes

4 x 50 on 1:00 – use buoy ONLY (no paddles) focus on perfect strokes – 25 no kick/25 small kick

4 x 50 on 1:00 – use paddles ONLY (no buoy) – focus on the pull – distance per stroke

Main Set: 2600 > 50 minutes

4 x 50 @ 1:00 free streamlines off EACH wall – see how far you can go

4 x 50 @ 1:10 stroke OR 25 stroke-25 free

4 x 50 @ 1:20 choice – all fast!

4 x 100 @ 1:30 mod pace – make interval

4 x 100 @ 1:40 pull – descend 1-4

4 x 100 @ 1:50 choice odd: 50 fast / 50 ez even: 50 ez/50 fast

4 x 100 @ 2:00 IM OR Stroke OR stroke/free – descend 1-4

4 x 100 (150) @ 2:10 use fins – all out fast – choice of stroke

Warmdown: 200 ez choice

Total: 4200 yards