



Week of 8-24-26 Greenville Splash Workout #1

Warmup: 10 minutes choice

First Set: 300 > 8 minutes

12 x 25 @ :40 *4 rounds through below*

#1 3 strokes free/2 strokes back

#2 3 strokes back/2 strokes free

#3 free

Second Set: 1500 > 24 minutes

3 rounds below

200 moderate pace @ 3:00

150 moderate pace @ 2:30

100 moderate pace @ 1:30

50 fast! @ 1:00

Last Set: 500 > 10 minutes

10 x 50 @ 1:00

#1-5: right fin/left paddle

#6-10: left fin/right paddle

Warmdown: 200 ez choice

Total: 2500 yards (not including warmup)



Week of 8-24-26 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

2 times through below:

300 ez swim/pull

200 stroke/free

100 kick choice

Preset: 500 > 11 minutes – all choice swims

1 x 100 swim @ 2:00 50 ez/50 fast

2 x 75 swim @ 1:30 25 ez/25 fast/25 ez

3 x 50 swim @ 1:00 25 fast/25 ez

4 x 25 swim @ :40 odd: fast even: ez

Main Set: 2400 > 44 minutes

6 x 150 @ 2:45 #1-3 = descend #4-6 = FPA (fast possible average)

200 ez pull/swim @ 4:00

6 x 100 @ 1:30 #1-#3 = JMI (just make it) #4-6 = FPA

200 ez pull/swim @ 4:00

6 x 50 @ 1:00 Fast possible average – hold pace

200 ez pull/swim @ 4:00

Warmdown: 200 choice ez

Total: 4100 yards



Week of 8-24-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

400 swim ez
200 50 drill/50 swim
200 50 stroke/50 free
4 x 50 kick

Main Set: 3000 > 57.5 minutes

5 x 300 @ 5:30 broken 20 seconds rest below:

250 moderate pace / 50 strong
200 moderate pace / 100 strong
150 moderate pace / 150 strong
100 moderate pace / 200 strong
50 moderate pace / 250 strong

5 x 200 @ 4:00 broken below 20 seconds rest

150 moderate pace / 50 strong
125 moderate pace / 75 strong
100 moderate pace / 100 strong
75 moderate pace / 125 strong
50 moderate pace / 50 strong

5 x 100 @ 2:00 broken 10 seconds rest

75 moderate / 25 fast
50 moderate / 50 fast
25 moderate / 75 fast
50 moderate / 50 fast
75 moderate / 25 fast

Warmdown: 200 ez choice

Total: 4200 yards