



Week of 8-31-26 Greenville Splash Workout #1

Warmup: 10 minutes choice

First Set: 500 > 10 minutes

10 x 50 @ 1:00

#1-4: free work on DPS (distance per stroke)

#5 flutter kick

#6-9: back work on body position

#10 flutter kick on back

Main Set: 2000 > 36 minutes

3 x 100 back @ 1:45 descend 1-3

100 ez @ 2:00

3 x 100 back @ 1:45 descend 1-3

100 ez @ 2:00

200 kick with fins mix free flutter and back flutter

3 x 100 free @ 1:30 descend 1-3

100 ez @ 2:00

3 x 100 free @ 1:30 descend 1-3

100 ez @ 2:00

200 kick with fins mix free flutter and back flutter

Warmdown: 100 choice

Total: 2600 yards (not including warmup)



Week of 8-31-26 Greenville Splash Workout #2

Warmup: 900 > 30 minutes

300 free

300 pull

300 alternate stroke/free

First Set: 900 > 19 minutes

6 x 50 free @ 1:00 descend 1-3, 4-6

6 x 50 kick @ 1:05 descend 1-3, 4-6

6 x 50 choice (no free) @ 1:05 descend 1-3, 4-6

Main Set: 1200 > 20 minutes

4 rounds below:

50 stroke fast with fins @ 1:00

200 free @ 3:00

50 stroke fast @ 1:00

Extra :30 seconds rest – repeat

Round 1 = 50s Fly

Round 2 = 50s Back

Round 3 = 50s Breast

Round 4 = 50s Free

Last Set: 600 > 12 minutes

6 x 50 pull @ 1:00

#1-2: right paddle #3-4: left paddle #5-6: both paddles

6 x 50 swim @ 1:00

#1-2 strong #3-4 moderate #5-6 strong

Warmdown: 200 choice

Total: 3800 yards



Week of 8-31-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

400 ez swim choice
300 (100 drill/100 kick/100 swim)
200 (50 stroke/50 free)
100 choice

Preset: 600 > 13 minutes

2 x 75: 25 swim/25 kick/25 swim @ 1:30
2 x 75: 25 kick/25 swim/25 kick @ 1:30
2 x 50: 25 swim/25 kick @ 1:00
2 x 50: 25 kick/25 swim @ 1:00
2 x 25: kick dolphin @ :40
2 x 25: kick flutter @ :40

Main Set: 2200 > 38 minutes (all choice swims)

4 x 100 (75) @ 2:00 **swim fast choice**
50 ez swim or rest at wall @ 1:00
4 x 100 (75) @ 1:50 **75 fast/25 ez**
50 ez swim or rest at wall @ 1:00
4 x 100 (75) @ 1:40 **50 fast/50 ez**
50 ez swim or rest at wall @ 1:00
4 x 100 (75) @ 1:30 **75 mod/25 fast**
50 ez swim or rest at wall @ 1:00
4 x 100 (75) @ 1:20 **make interval (*fins allowed*)**

Warmdown: 4 x 50 ez

Total: 4000 yards