



Week of 9-7-26 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

400 free
200 IM drill
100 kick
300 pull

First Set: 900 > 18 minutes

3 Rounds below:

100 @ 1:45 4 dolphin kicks off each wall then free
2 x 50 @ 1:00 5 dolphin kicks – 3 fly strokes then free
2 x 50 @ 1:00 6 dolphin kicks – 6 fly strokes then free

Main Set: 1000 > 18 minutes

200 free @ 3:15 3 dolphin kicks off each wall
2 x 50 back @ 1:00 6 strokes fast
200 alternate 50 free/50 back @ 3:15
2 x 50 back @ 1:00 10 strokes fast
200 back @ 3:15
4 x 50 free @ 1:00 10 strokes fast

Sprint Set: 900 > 18 minutes

6 x 50 fly or back fast @ 1:00
100 free ez @ 2:00
4 x 50 back fast @ 1:00
100 free ez @ 2:00
2 x 50 free fast @ 1:00
100 free ez @ 2:00

Warmdown: 4 x 100 pull ez

Total: 4200 yards



Week of 9-7-26 Greenville Splash Workout #2

9/11 Remembrance Masters Workout: *Remembrance, Honor, Reflect, Rebuild*

Warmup: 400 ez swim > 10 minutes

Designed around 9, 11, and 2001 themes.

Set 1: 9 × 50 450 > 9 minutes

Odds: **50 free strong @ 1:00**

Evens: **50 choice stroke** (back or breast preferred for rhythm) @ 1:00

#9: **50 fast** — honor through effort @ 1:00

Set 2: 9 × 25 Kick 225 > 6 minutes

odd: flutter @ :40 **even:** dolphin @ :40

Set 3: 11 × 25 275 yards > 8 minutes

1–5: streamline + breakout focus @ :40

6–10: build to 80% @ :40

11: smooth, quiet, perfect form @ :40

Set 4: 11 × 50 550 > 11 minutes

1–4: descend @ 1:00

5–8: paddles + buoy @ 1:00

9–11: no gear, tempo free @ 1:00

Set 5: “2001” theme 300 > 6 minutes

200 free/pull steady aerobic @ 4:00

100 IM unity of all strokes @ 2:00

Warmdown: choice 200

Total: 2400 yards



Week of 9-7-26 Greenville Splash Workout #3

Warmup: 1000 > 30 min

200: swim ez

200: 25 free/25 back alternate

200: pull with buoy only

200: 25 free/25 breast alternate

200: kick

Main Set: 2800 > 56 minutes

4 times through

what interval can you hold and get at least 5 sec rest?

#1 swim

#2 pull

#3 fins/kick or swim

#4 paddles and fins

4 x 100

option A @ 1:20 – 1:30 option B @ 1:30 – 1:40 option C @ 1:50 – 2:00

4 x 50

option A @ :40 - :45 option B @ :50 - :55 option C @ 1:00 – 1:10

4 x 25

option A @ :20 - :25 option B @ :25 - :30 option C @ :30 - :40

Masters minute between rounds

Warmdown: 200 choice

Total: 4000 yards