



Week of 10-12-26 Greenville Splash Workout #1

Warmup: 10 minutes choice

First set: 400 > 8 minutes

8 x 50 @ 1:00

Odds: 25 right arm/25 left arm

Evens: distance per stroke

Focus on long body line and early catch finish each stroke

Main Set: 1500 > 24 minutes

30 – 60 second rest. Get faster as distance decreases

800 (or 600)

400 (or 300)

200 (or 150)

100 (or 75)

Last Set: 400 > 7 minutes

4 x 100 kick @ 1:45

Warmdown: 4 x 100 pull > 8 minutes

Total: 2700 yards (does not include warmup)



Week of 10-12-26 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

200 ez choice swim
2 x 100 pull (no paddles)
4 x 50: 25 kick/25 swim choice
2 x 100 25 stroke/25 free alternate
200 choice swim

Main Set: 3000 > 55 minutes

400 free/pull @ 6:30
2 x 200 stroke/free @ 3:30
4 x 100 I.M. @ 1:45

300 free/pull @ 5:00
2 x 150 @ 2:30 mod/fast/mod
3 x 100 @ 1:40 choice 25 ez/50 fast/25 ez

200 free/pull @ 3:20
2 x 100 @ 1:30 strong pace
4 x 50 @ 1:00 stroke or stroke/free

100 free/pull @ 1:40
2 x 50 @ 1:00 choice ez/fast
4 x 25 @ :40 choice odd: ez even: fast

Warmdown: 200 ez choice

TOTAL: 4200 yards



Week of 10-12-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

250: 50 swim/50 drill

250: 50 kick/50 swim

250: 50 stroke/50 free

250: choice swim or pull

Main Set: 3000 > 60 minutes

2 x through below: 25 @ :30 50 @ 1:00 75 @ 1:30

Round 1 = Free Round 2 = Choice

- **50 – 75 - 50 – 25** (75 and 25 fast)
50 easy
- **50 – 75 – 50 – 25** (50s are fast)
50 easy
- **25 – 50 – 50 – 25 – 25 – 25** (25s are fast)
50 easy
- **25 – 50 – 50 – 25 – 25 – 25** (50s are fast)
50 easy
- **50 – 50 – 75 – 25** (75 and 25 fast)
50 easy
- **50 – 50 – 75 – 25** (50s are fast)
50 easy

Warmdown: 200 ez choice

Total: 4200 yards