



Week of 10-19-26 Greenville Splash Workout #1

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: 2700 > 55 minutes

3 rounds below

2 x 50 @ 1:10 stroke ez pace
3 x 75 @ 1:20 descend 1-3
25 ez @ 1:00
4 x 25 @ :35 stroke – moderate pace
2 x 100 @ 2:00 IM strong pace
Masters minute
3 x 75 @ 1:20 stroke strong pace
25 @ 1:00 ez

Warmdown: 200 ez choice

TOTAL: 3900 yards



Week of 10-19-26 Greenville Splash Workout #2

Warmup: 10 minutes choice

First set: 300 > 6 minutes

6 x 50 @ 1:00

Odd: Distance per stroke (DPS)

Even: drill- alternate 6 kicks – 3 strokes

Main set: 2500 > 37.5 minutes

5 x 500 (or 400) @ 7:30

#1: negative split – focus on controlled breathing

#2: each 100 is faster

#3: Pull – focus on consistent stroke count per 25

#4: 100 ez / 100 moderate/ 100 strong / 100 ez / 100 strong

#5: 200 steady pace / 150 strong / 100 fast/ 50 fast finish

Warmdown: 4 minutes choice ez

Total: 2800 yards (not including warmup or warmdown)



Week of 10-19-26 Greenville Splash Workout #3

Warmup: 1000 > 30 min

200 choice swim
200 kick
200 pull
2 x 100 25 kick/25 free
4 x 50 choice

Free Set: 1700 > 30 minutes

4 x 150 (125) free @ 2:30 (descend 1-4)
50 ez choice – active recovery
4 x 100 (75) free @ 1:30 (descent 1-4)
50 ez choice – active recovery
4 x 75 (50) free @ 1:15 (descend 1-4)
50 ez choice – active recovery
4 x 50 free @ 1:00 (descend 1-4)
50 ez choice – active recovery

Stroke Set: 1100 > 21 min (2 rounds > stroke/kick/free)

4 x 25 fly @ :40
3 x 50 breast @ 1:10
2 x 75 back @ 1:20
100 free @ 2:00
50 choice ez after each round

Warmdown: 200 ez choice

Total: 4000 yards