**Week of 10-5-26  Greenville Splash Workout #1**

**Warmup:** 10 minutes choice

**First Set:  400 > 8 minutes**
*4 times through below:*
*Odd:  25 kick with board/25 board overhead*
*Even: 25 dolphin/25 dolphin underwater*
50 kick with board with fins @ 1:00
50 fast swim w/fins on 1:00 (choice of swim)

**Main set: 1400 > 35 minutes**
2 time through – All swims are choice
Round 1: 25 fast
Round 2: 50/75/100 fast  (all other swims mod w/perfect stroke)
2 x 25 @ :40
1 x 50 @ 1:10
3 x 25 @ :40
1 x 75 @ 1:30
4 x 25 @ :40
1 x 100 @ 2:00
3 x 25 @ :40
1 x 75 @ 1:30
2 x 25 @ :40
1 x 50 @ 1:10

**Total: 1800 yards (not including warmup or warmdown)**

**Week of 10-5-26 Greenville Splash Workout #2**

**Warmup: 1000 > 30 minutes**

250: alternate 50 drill/50 swim
5 x 50: 25 stroke/25 free
250: ez pull focus on arm stroke
5 x 50: 25 swim/25 kick

**Ladder Set: 2725 > 54 minutes**

10 x 100 swim @ 2:00 *hold same pace on all swims*
9 x 25: kick flutter @ :40
8 x 50: swim @ 1:00 *odd: stroke even: free*
7 x 25 kick underwater dolphin @ :40
6 x 100 swim @ 1:45 *hold same pace on all swims*
5 x 25 kick flutter @:40
4 x 50 swim @ 1:00 all fast!

**Warmdown:** 2 x 100 ez choice

**TOTAL: 3925 yards**

**Week of 10-5-26 Greenville Splash Workout #3**

**Warmup:** 10 minutes choice

**Kick/Swim (with Fins): 900 yards > 15. 5 minutes**

150 kick 2:30
3 x 50 swim free :50
200 kick 3:30
2 x 50 swim :50
250 kick 4:30
1 x 50 swim :50

**Pull/Swim: 1500 yards > 27.5 minutes**

300 pull 4:30
4 x 50 stroke/free 1:00
200 pull 3:30
6 x 50 stroke/free 1:00
100 pull 1:30
8 x 50 stroke/free 1:00

**Total: 2400 yards** (does not include warmup)