



## **Week of 9-14-26 Greenville Splash Workout #1**

**Warmup: 5 minutes choice**

### **Pre-set: 400 > 10 minutes**

*Drill-swim-drill-swim @ :40 interval*

4 X 25 free: doggie dig/catch up

4 x 25 breast: 2 kicks/1pull OR dolphin kick/pull

4 x 25 back: 6 beat switch OR 3 beat switch

4 x 25 fly: 2rt/2lft/2reg or 3 kicks/one pull

### **Main Set: 1500 > 31 minutes**

4 x 50 fly/free @ 1:00

4 x 50 back/free @ 1:00

4 x 50 breast/free @ 1:00

3 x 50 fly kick/swim @ 1:05

3 x 50 back kick/swim @ 1:05

3 x 50 breast kick/swim @ 1:05

2 x 50 fly – perfect stroke @ 1:10

2 x 50 back – perfect stroke @ 1:10

2 x 50 breast – perfect stroke @ 1:10

1 x 50 fly @ 1:15 FAST!

1 x 50 back @ 1:15 FAST!

1 x 50 breast @ 1:15 FAST!

### **Last Set: 300 > 6 minutes**

4 x 75 IM or Free @ 1:30 odd: ez even: fast

**Warmdown:** 2 x 100 ez choice

**Total: 2400 yards**



## **Week of 9-14-26 Greenville Splash Workout #2**

### **Warm up: 1000 > 30 minutes**

300 ez swim choice  
200: 50 swim/50 kick alternate  
300: pull with buoy only working on arm pull  
200: 50 back/50 free alternate

### **Stroke set: 600 > 16 minutes**

R1 = Fly R2 = back R3= Breast R4= Free

**3 x 25 @ :40 drill**

**1 x 75 @ 1:30**

Fly drill: fly arms /flutter kick; Back drill: double-arm / Breast kick;  
Brst drill: breast arms / flutter kick; Free drill: free arms/dolphin kick

### **Freestyle set: 2250 > 36 minutes (descend each set of 3)**

3 x 100 @ 1:30/1:40/1:50  
3 x 100 @ 1:25/1:35/1:45  
3 x 100 @ 1:20/1:30/1:40  
1 x 100 @ 2:00 easy  
3 x 75 @ 1:05/1:10/1:15  
3 x 75 @ 1:00/1:05/1:10  
3 x 75 @ 0:55/1:00/1:05  
1 x 75 @ 2:00 easy  
3 x 50 @ :50/:55/1:00  
3 x 50 @ :45/:50/:55  
3 x 50 @ :40/:45/:50  
1 x 50 @ 1:00 easy

**Warmdown:** 200 choice ez

**Total: 4050 yards**



## **Week of 9-14-26 Greenville Splash Workout #3**

**Warmup:** 8 minutes choice

### **Preset: 13 x 25 (325) @ :40 interval > 8.66 min**

- 3 x 25: fly arms-flutter kick
- 3 x 25: double arm back – dolphin kick
- 3 x 25: breast arms – flutter kick
- 3 x 25: free arms – dolphin kick
- 1 x 25: choice ez swim

### **First set: 13 x 50 (650) @ 1:00 interval > 13 min**

- 4 x 50: kick w/board tombstone
- 4 x 50: choice swim – descend 1-4
- 4 x 50: kick with zombie arms / 25 back
- 1 x 50: choice ez swim

### **Main Set: 13 x 100 (1300) @ 1:45 interval > 23 min**

- 3 x 100 (75): 25 fly/75 free (or 25 fly/50 free)
- 3 x 100 (75): 25 free/25 back/50 free (or 25 free/25 back/25 free)
- 3 x 100 (75): 50 free/25 breast/25 free (or 50 free/25 breast)
- 3 x 100 (75): all free > descend 1-3
- 1 x 100 (50): IM FAST!

**Warmdown:** choice

**Total: 2275 yards (55 min)**