



Week of 9-21-26 Greenville Splash Workout #1

Warmup: choice 5 minutes

Pre-set: 200 yards > 10 minutes

4 x through

25 swim - 5 streamline jumps – 25 swim

25 swim – 20 second vertical kick with streamline arms – 25 swim

Main Set: 1250 yards > 34 minutes

4 x 25 @ :40 underwater kicking dolphin

50 fly fast @ 1:00

100 ez choice @ 2:00

4 x 25 @ :40 underwater kicking on back – flutter

50 back fast @ 1:00

100 ez choice @ 2:00

4 x 25 @ :40 2-3 underwater breaststroke pullouts

50 breast fast @ 1:00

100 ez choice @ 2:00

4 x 25 @ :40 underwater kicking flutter

50 free fast @ 1:00

100 ez choice @ 2:00

4 x 25 @ :40 underwater kicking CHOICE

50 choice fast @ 1:00

100 ez choice @ 2:00

Last set: 750 yards > 15 minutes 3 times thru – work on streamlines – mod pace

100 @ 2:00

75 @ 1:30

50 @ 1:00

25 @ :30

Warmdown: 100 ez choice

Total: 2300 yards



Week of 9-21-26 Greenville Splash Workout #2

Warmup: 6 minutes choice

First Set: 500 > 13.5 minutes

20 x 25 @ :40 with fins kicking – 4 times on each one below

Odd: swim – focus on distance per stroke

Even: kick choice – focus on streamline off walls

Main Set: 1800 > 38 minutes) choice of stroke/pull/kick

3 time thru R1 = free/pull R2 = choice R3 = use fins go fast!

6 x 25 swim @ :30 interval

4 x 50 swim @ 1:00 interval

2 x 75 swim @ 1:30 interval

1 x 100 swim on 2:00 interval

Masters minute or 50 ez

Warmdown: 100 ez choice

Total: 2400 yards (not including warmup)



Week of 9-21-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes

200 ez swim

2 x 100 alternate 25 drill/25 swim choice

200 pull

2 x 100 alternate 25 stroke/25 free

200 alternate 50 kick/50 swim choice

Main Set: 3000 > 60 minutes

1 x 200 @ 4:00 ez swim focus on distance per stroke

2 x 175 @ 3:30 50 ez swim/75 strong pace/50 ez swim

3 x 150 @ 3:00 100 kick w/fins/50 fast swim

4 x 125 @ 2:30 100 moderate pace/25 fast

5 x 100 @ 2:00 odd: free even: IM reverse order

6 x 75 @ 1:30 25 free/25 stroke/25 free

7 x 50 @ 1:00 25 stroke/25 free

8 x 25 @ :30 3 strokes ez/3 strokes fast choice

Warmdown: 200 ez choice

Total: 4200 yards