



Week of 9-28-26 Greenville Splash Workout #1

Warmup: 8 minutes choice

First Set: 700 > 13 minutes

150 pull @ 2:30 50 ez/50 strong/50 ez
6 x 25 @ :40 kick choice
200 pull @ 3:30 alternate 50 ez /50 strong
8 x 25 @ :40 IM order

Second Set: 1750 > 30 minutes

1 x 250 @ 4:30 pull alternate 50 ez / 50 build
2 x 200 @ 3:30 #1: free #2: IM
3 x 150 @ 2:30 100 ez/mod/50 fast!
4 x 100 @ 1:30 descend 1-4
5 x 50 @ 1:00 odd: ez even: fast choice of stroke

Warmdown: 100 ez choice 2-3 minutes

Total: 2550 yards



Week of 9-28-26 Greenville Splash Workout #2

Warmup: 1000 > 25 min

2 Rounds below:

3 x 100 free

100 stroke/free alternate

100 kick/swim alternate

Preset: 600 > 14 minutes

6 x 25 kick with Board odd: tombstone even: overhead @ :40

6 x 25 pull – breathe every 5 and 7 @ :30

6 x 25 kick – no board on back or side @ :40

6 x 25 swim with paddles FAST! :30

Focus Set: 2400 > 43 minutes

3 rounds below: (round 1/3: stroke round 2: free)

6 x 25 fly @ :40 (odds: mod even: strong)

50 choice ez @ 1:00

2 x 75 back @ 1:20 (1 build – 1 strong)

50 choice ez @ 1:00

3 x 50 breast @ 1:10 (descend 1-3)

50 choice ez @ 1:00

1 x 150 free strong @ 2:20 (goal is to hit 200 free goal time minus :20)

50 choice ez @ 1:00

Masters minute after each round

Warmdown: 200 ez choice

TOTAL: 4200 yards



Week of 9-28-26 Greenville Splash Workout #3

Warmup: 6 minutes choice

First Set: 600 > 14 minutes

6 x 25 kick odd: tombstone with board even: board overhead

3 x 50 pull breathe every 6th stroke

6 x 25 kick – no board on back or side

3 x 50 alternate 6 strokes free/6 strokes of fly or back

Main Set: 1500 > 33 minutes) 60 x 25 choice of stroke/pull/kick

10 x 25 @ :45 stroke: fly or back

10 x 25 @ :40 pull breathe every 6th stroke

10 x 25 @ :35 odd: ez even: fast

Masters Minute break

10 x 25 @ :30 all fast!

10 x 25 @ :25 ez/mod pace

10 x 25 @ :20 just make it!

Warmdown: 100 ez choice

Total: 2200 yards (not including warmup)