Week of 10-26-26 Greenville Splash Workout #1
"Halloween Monster Mash Masters"

Warmup: to get your blood going 1000 > 30 minutes
200 swim: mix strokes – "witchs" brew style
4 x 50: kick with "zombie" arms
200 pull: suffocating pull of death – breath every 5
2 x 100: frankensteIM
4 x 50: choice trick or treat

Pre-Set: Creepy Drills 400 yards > 7.5 minutes
4 x 100 drill/swim by 50 @ 1:50

- Frankenstein (straight-arm free)
- Skeleton (catch-up)
- Vampire (fingertip drag)
- Ghost (silent swim — no splash)

Main Set: Trick-or-Treat Intervals 1800 yards > 32 minutes
3 tricks and 3 treats: Trick (all fast), Treat (pull ez pace), Treat (wear fins), Trick (kick with zombie arms or tombstone board), Trick (swim all fly or fly-free), Treat (sit out one of swims)
4 x 100 IM @ 1:50
4 x 50 kick @ 1:00
4 x 100 free @ 1:45
4 x 50 choice stroke @ :55
4 x 100 pull @ 1:40
4 x 50 scull/swim by 25 @ :50

Sprint Set: Vampire Speed: 400 yards > 10+ minutes
8 x 25 sprint @ :45 hop out of pool dive back in
8 x 25 choice swim/kick @ :30 odd: ez even: fast

Cool Down: 200 yards > 4 minutes choice

Total: 3800 yards

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

Warmup: Get your blood moving: (400 > 8 min)
2 x 100: 75 swim/25 "skull" @ 2:00
2 x 100: evil free: last 25 is fly or fly drill @ 2:00

2 x 200 (150) Suffocating pull of death free @ 3:00 (400 > 9 min)
Breathe: 3/5/7/9 stroke – no breathing one body length past flags

2 x 100 zombie dead legs kick @ 3:00 (200 > 6 min)
75 flutter kick w/fins arms above head/ 25 fast kick choice

4 x 100 FRANKENSTEIM @ 2:00 (400 > 8 min)
Do strokes in a different order each time:
1 = BK/FR/BR/FL 2= FR/BK/FL/BR 3=BR/FL/FR/BK 4=FL/FR/BK/BR

4 x 50 tombstone kick with board @ 1:15 (200 > 5 min)

6 x 50 BOOtefly @ 1:00 (300 > 10 min)
Odd: 25 dolphin kick / 25 fly with flutter kick
Even: Fly swim

4 x 100 (75) Ghost free @ 1:30 (400 > 6 min)
Get to "ghost" (sit out) one of the 100s

Warlock Warmdown: choice 200 ez

Total: 2500 yards

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

"Nightmare at GCAC Workout"

Wake the Dead Warmup: 1000 > 30 minutes
400 free: rise from the grave
200 Back: watch for ghosts
200 kick: zombie legs
8 x 25: build 1-4 and 5-8

Preset: Ghosts and Goblins: 400 > 9.5 minutes
4 rounds below
50 free smooth & spooky @ 1:00
25 kick zombie arms @ :40
25 sprint – escape the goblins @ :40

Haunted House Main Set: 1500 > 24 minutes
3 rounds below
200 free: walking dead pace @ 3:30
100 IM: draculas favorite @ 2:00
100 free: vampire chase – negative split @ 2:00
4 x 25 sprint – scary fast @ :30

Web of Terror kick set: 400 > 8 minutes
8 x 50 @ 1:00 odds: creepy crawly ez even: fast! escape the spiders!

Trick or Treat Sprint Set: 300 > 8 minutes
12 x 25 swim @ :40
#1-4: ez – treat #5-8: FAST – trick #9-12: nightmare FAST!

Rest in Peace: 400 > 7 minutes
4 x 100 pull @ 1:45 breathe every 3-5 by 25

Total yards of Horror: 4000