Week of 11-16-26 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes

250 ez swim choice
250: 50 back/50 free alternate
250: 50 kick/50 swim alternate
250: choice swim

Preset: 600 > 12 minutes

6 x 100: designed with fins
IM order kick/swim: 50 kick/50 swim stroke (fly/back/breast) @ 2:00

Main Set: 2000 > 35 minutes

4 x 100: 25 Back/75 free @ 1:45 back is fast
100 free/pull @ 2:00 mod pace
3 x 100: 25 Breast/75 free @ 1:45 breast is fast
200 free/pull @ 3:30 50 fast/50 ez alternate
2 x 100: 25 fly/75 free @ 1:45 fly is fast
300 free/pull @ 5:00 mod pace
1 x 100 IM @ 2:00 FAST!
400 free/pull @ 6:30 100 ez/100 fast/100 ez/100 fast

Warmdown: 8 x 25 ez @ :40 (200 > 6 minutes)

Total: 3800 yards

Week of 11-16-26 Greenville Splash Workout #2

Warmup: 1200 > 25 minutes

4 times thru

100 free @ 1:30 / 100 kick @ 2:00/ 100 drill @ 2:00

First Set: 300 > 8 minutes

12 x 25 @ :40

4 times thru below

4 fly drill – flutter kick

4 fly drill – 2 right/2 left/2 regular

4 fast fly with 4 underwater dolphin kicks

First Set: (use fins) 1000 > 22 minutes

4 times thru below

1 x 100: 50 fly/25 underwater/25 free @ 2:00

1 x 75: 25 fly/25 underwater/25 free @ 1:40

1 x 50: 25 underwater/25 free @ 1:10

1 x 25: 25 underwater @ :40

Main Set: (Back 3 x thru Fly 3 x thru) 1500 > 32 minutes

1 x 75 back or fly fast @ 1:20 odd: fly even: back

2 x 50 free (200 pace) @ 1:00

3 x 25 ez @ :40

Warmdown: 200 ez choice

Total: 4200 yards

Week of 11-16-26 Greenville Splash Workout #3

Warm up: 5 min choice

Preset: 300 > 6 minutes

6 x 50 @ 1:00

odd: choice drill/swim

Even: choice kick/swim

Main Set: 1800 > 40 minutes

4 x 50 kick > 1:15 tombstone kickboard (use for resistance)
4 x 50 kick > 1:10 dolphin
4 x 50 kick > 1:05 flutter
4 x 50 breast > 1:10
4 x 50 back > 1:05
4 x 50 fly > 1:00
4 x 50 free > 1:00 descend 1-4
4 x 50 free > :50 (or :55) build
4 x 50 free > :45 (or :50) just make it

Last set: 150 yards > 6 minutes use FINS and paddles

50 free @ 2:00
50 choice @ 2:00
50 kick @ 2:00

TOTAL: 2250 yards (without warmdown)