Week of 11-2-26 Greenville Splash Workout #1

Warmup: 1000 > 30 minutes
400 free
300 pull
200 stroke
100 kick

Preset: 4 x 50 drill @ 1:00 200 > 4 minutes
#1: 6 kicks/3 strokes #2: 6 kicks/5 strokes #3:6 kicks/7 strokes #4: 6 kicks/9 strokes

Main Set #1: 1000 > 16.5 minutes
4 rounds below
100 @ 1:40 DPS – distance per stroke
125 @ 2:00 strong pace
After 4th round 100 DPS

Main Set #2 1250 > 21 minutes
#1-3 descend #4: ez #5 FAST!
5 x 100 @ 1:40
5 x 75 @ 1:30
5 x 50 @ 1:00
100 ez

Last Set: 300 > 6 minutes
12 x 25 @ :30 *Alternate 2 kick/2 swim*

Warmdown: 200 ez choice

TOTAL: 4100 yards

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

Warmup: 10 minutes choice

First Set: 200 > 5.5 minutes
8 x 25 kick @ :40 odds: IM order evens: flutter

Main Set: 1600 > 28 minutes
4 x 200 (or 150) @ 3:30 100 IM / 100 free

4 x 100 IM @ 1:45
odds: fast on fly and breast
evens: fast on back and free

4 x 100 @ 1:45
50 IM order fast / 50 free

Last Set: 400 > 8:00
8 x 50 with fins @ 1:00
25 dolphin kick/25 fast swim

Warmdown: 200 ez choice

Total: 2400 yards (not including warmup)

Week of 11-2-26 Greenville Splash Workout #3

Warmup: 1000 > 30 minutes
2 x 200 ez pull
6 x 25 stroke
3 x 100 build choice
6 x 25 kick

Stroke set: 700 > 16.5 minutes
Round 1= swim Round 2 = kick
4 x 25 @:40 IM order perfect stroke
1 x 100 @ 1:50 IM
3 x 25 @ :40 IM order perfect stroke
1 x 75 @ 1:30 IM

Freestyle/pull set: 1800 > 35.5 minutes
2 x 150 @ 2:15
4 x 75 @ 1:10
2 x 150 @ 2:10
4 x 75 @ 1:05
2 x 150 @ 2:05
4 x 75 @ 1:00

Sprint set: 300 > 7 minutes
4 x thru Odd Round: swim Even Round: kick
1 x 25 :40 easy
1 x 50 1:10 sprint

Warmdown: 200 ez choice

Total: 4000 yards