Week of 11-9-26 Greenville Splash Workout #1

Warmup: 10 minute choice

First set: 400 > 8 minutes
8 x 50 @ 1:00 IM order #1-4 25 kick/25 drill #5-8 25 drill/25 swim

Main Set #1: 1000 > 20 minutes
400 every 4th length Fly @ 8:00
300 every 4th length Backstroke @ 6:00
200 every 4th length Breastroke @ 4:00
100 all free @ 2:00

Main Set #2: 1000 > 16+ minutes
5 x 200 (or 150) @ 3:00 or 3:20
#1-3: descend
#4: moderate
#5: fast!

Last Set: 100 > 2 minutes
4 x 25 @ :30 Fast!

Warmdown: 100 ez choice

Total: 2600 yards

Week of 11-9-26 Greenville Splash Workout #2

Warmup: 600 > 10.5 minutes
3 × 200 (150) @ 3:30

Preset: 300 > 7.5 minutes
6 x 50 @ 1:15 25 kick/30 second vertical kick/25 ez swim

Main Set: 1900 > 33 minutes
4 × 150 @ 2:30 50 ez-mod / 50 strong / 50 ez-mod
6 × 100 (75) free @ 1:30 descend 1-3 and 4-6
8 × 50 @ 1:00 odd: 25 easy / 25 fast even: fast
12 × 25 @ :30 odd: free fast even: stroke ez/mod

Warmdown: 4 x 50 ez choice

Total: 3000 yards

Week of 11-9-26 Greenville Splash Workout #3

Warm up: 1200 > 30 min

Repeat twice below:

300 ez swim/pull
200 stroke/free
100 kick

Main Set: (2400 > 3 rounds: > 54 minutes)

R1 = 25,50,75 stroke,150 IM / 50s: kick
R2 = 50s: ez free / 25,75,50,150 choice stroke
R3 = 25,75, 50, 150 / 50s: choice ez

6 x 25 @ :45 R1: fly R2: choice swim R3: free strong
1 x 50 @ 1:15 R1: dolphin kick R2: ez free R3: ez choice
2 x 75 @ 1:30 R1: back R2: choice swim R3: free strong
1 x 50 @ 1:15 R1: kick on back R2: ez free R3: ez choice
3 x 50 @ 1:15 R1: breast R2: choice swim R3: free strong
1 x 50 @ 1:15 R1: breast kick R2: ez free R3: ez choice
1 x 150 @ 2:30 R1: I.M. R2: choice swim R3: free strong
1 x 50 @ 1:15 R1: flutter kick R2: ez free R3: ez choice

Warmdown: 200 choice

Total: 3800 yards