

Hello 2016 New Year's Workout

Head Coach Leslie Scott



Hello, it's Greenville Splash
I was wondering if you'd like to **warm up 10 minutes**
To go over good technique
They say that PR's are supposed to happen
But we are ready for hard workouts

Hello, can you hear your coach?
20 x 50 every 5th one stroke
I'm at the Kroc dreaming of our team
When we were younger and faster
I've forgotten how it felt to sprint with pointed feet
16 x 75 varying sprints 1-4 build, 5-8 fast, 9-12 fast-ez-fast , 13-16 fast-ez-ez

There's such a difference between sprinters and a distance swimmer
20 streamline jumps

Hello from the swimming pool
I must have called a thousand times
To tell you sorry for this set
But when I call you, you are always at the pool
16 x 50 every 4th one butterfly

Hello from the middle lane
At least I can say we tried the butterfly
I'm sorry for breaking down your muscles
But it doesn't matter after all the cross training with Coach Gene
20 Push Ups on the wall

Hello how is this workout?
It's so typical of Leslie to make you work so hard
I know you love it though
Did you ever make it out of that training cycle where results happened?
16 x 25 alternate 2 free and 2 stroke all fast

It's no secret that Greenville Splash
Got you your state record

So hello from the Kroc Pool
I must have called a thousand times
To tell you to cool down
And recover for the next workout

Hello from the Greenville Splash
And of course Happy Swimming in 2016!