



## Greenville Splash Sprint Workout Coach Leslie

### Warmup

600: 200 free, 100 choice, 200 pull, 100 kick

### Preset

6 x 50 on 1:00

25 fast / 25 easy

### Main Set

4 x 200 Broken

25 Fast 10 sec rest

50 Fast 15 sec rest

75 Fast 20 sec rest

50 Fast 10 sec rest

100 easy, repeat

### Pull Set

400 pull bilateral breathing every 5

### Kick Set

6 x 75 Kick with fins on 1:20

1<sup>st</sup> 25 3 underwater dolphin kicks

2<sup>nd</sup> 25 4 underwater dolphin kicks

3<sup>rd</sup> 25 5 underwater dolphin kicks

### Cool down: 250

Total: 3,200