



Greenville Splash Workout – Coach Leslie Scott

Warmup

500: 100 free, 100 choice, 100 kick, 100 pull, 100 free

Preset

6 x 200 (#1-4 may use fins) on 3:30 or 4:00

Odds – free

Evens – stroke or IM

25 kick or drill / 25 swim alternate for 200

Main Set

4 x 300 Broken on 5:00 or 5:30

200 build by 25 – 15 SR

50 fast – 15 SR

25 sprint kick/ 25 easy swim

Pull Set

300 pull bilateral breathing

Sprint Set

4 x 50 Sprint 25 / 25 easy on 1:10

Cool down: 100

Total: 3,500