



Greenville Splash Workout – Coach Leslie Scott

Warmup: 200 free, 100 kick, 200 choice

Kick set: 6 x 100 kick with fins on 1:30

Odds on back

Evens dolphin kick

Drill set: 9 x 50 on 1:10

#1 6 kick drill

#2 25 right arm, 25 left arm

#3 perfect stroke, think about good body position and rotation

Repeat

Main set: 5 x 200 on 4:00

50 perfect stroke (no free)

100 free build by 25

25 fast stroke

25 easy free

50 easy

Sprint set: 4 x 100 on 1:45

#1 and 3 fast

#2 and 4 easy

Cool down: 400

Total: 3,000