



Greenville Splash Workout By: Coach Leslie Scott

Warm up

200 free / 100 choice/ 200 pull

Pre Set

6 x 50 Kick on 1:00 Descend 1-3, 4-6

6 x 100 Pull on 1:40 Descend 1-3, 4-6

6 x 75 Swim on 1:30 15 yards fast, rest smooth and easy

Main Set

1 x 200 Fast

4 x 25 Dolphin kick on back on fins

4 x 25 Back drill, 6 kicks, 3 strokes, 6 kicks

4 x 25 Back with fists

4 x 25 Back fast

6 x 75 Back on 1:20 Descend 1-3, 4-6

Warm down

8 x 50 25 kick / 25 swim

Total: 3,300