



Greenville Splash Workout By: Coach Leslie Scott

Warm Up Set:

200 Swim / 200 kick / 200 Pull

Technique Set:

4 x 50 on 1:15

#1 Scull with pull buoy – Scull out in front, sweep in and out like windshield wiper

#2 Short dog paddle – underwater recovery, point fingers down, keep elbows high

#3 Long dog paddle – underwater recovery, extend out as far as possible

#4 Tarzan swim – keep head still, keep hands outside the shoulder

Pre Set:

4 x 100 Pull on 1:45

Main Set:

16 x 25 on :35 Lungbusters, 10 strokes fast, no breathing, rest of way easy

16 x 50 on 1:00

#1 Work on technique: Keep head still, rotate hips and shoulders, extend, keep hands outside shoulder, elbows high

#2 25 Fast with fast turn, rest easy

#3 25 easy, 25 fast with fast finish

#4 All out fast

Repeat

Kick Set: 6 x 50 Sprint free kick on 1:15

Sprint Set: 6 x 25 Sprint free on: 40

Cool down: 200

Total: 2,950