



Greenville Splash Workout By: Coach Leslie Scott

Warm up: 300 swim, 200 kick

Main Set

500 Moderate – even pace

8 x 50 Sprint on :50 or 1:00

500 Moderately fast – even pace

8 x 50 Sprint on :50 or 1:00

500 Excellent effort – even pace, may use paddles and fins

8 x 50 Sprint on :50 or 1:00 may use fins

Cool down: 200

Total: 3,400