



Greenville Splash Workout By: Coach Leslie Scott

Warm-up Technique Set:

6 x 100 or 75 on 1:45

#1 Work on high elbows on the recovery

#2 Work on excellent streamlines

#3 Work on long strokes, distance per stroke

#4 Work on high elbows during the catch (under water)

#5 No breathe in and out of the flags

#6 Sprint, work on all of above

Technique Set:

6 x 50 on 1:00 Focus on catch

Odds – dog paddle reach and pull with high elbow, arms recover underwater

Evens – heads up Tarzan swim

Main Set:

4 x 200 or 150 on 3:15

Odds – pull

Evens - swim

Focus on arm motion from previous set

Reach, roll shoulder forward, fingers point down, get vertical forearm early

Kick Set: 6 x 25 Sprint free kick on :50

Sprint Set: 6 x 25 Sprint free on: 40

long streamlines, don't breathe on first stroke, good breakout

Cool down: 200

Total: 2,200