

Advanced Workout for March 5, 2026

Timing Night



WARM-UP (OPTIONAL)

2 x 25yd Freestyle Swim (even pace), rest 10 seconds after 25yds

- Freestyle swim at a steady pace

TIMING SET (**RACE PACE**, ONE SWIMMER AT A TIME, ALTERNATE TURNS)

Bryan: 100yd Free (25/50 Split & multiply x 2), 100yd Back, 100yd Fly

Ian: 100yd Free (25/50 Split & multiply x 10), 100yd IM

Harvey: 100yd Free (25/50 Split & multiply x 2), 100yd IM, 100yd Breast, 50yd Fly

TIGERSHARKS RELAY SET (50YD FREE - OPTIONAL)

ORDER: Tyler, Ian, Ryan, Malachi, Harvey, Bryan

COOL DOWN (GROUP AFTER TIMING IS COMPLETE)

4 x 25yd Freestyle Swim, rest 10 seconds after each 25yds

- Freestyle swim at a slow, steady pace

4 x 25yd Breaststroke Easy, rest 10 seconds after each 25yds

- Breaststroke swim at a slow, steady pace