

Team Workout for February 12, 2026

900 Yards



WARM-UP

50yd freestyle

50yd kickboard, freestyle kick

25yd kickboard, butterfly kick

25yd kickboard, tombstone

MAIN SET

4 x 25yd, swimmer's choice

2 x 50yd w/pull buoy

2 x 25yd, swimmer's choice

2 x 50yd w/pull buoy

50yd, swimmer's choice

3 x 50yd w/pull buoy

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick