

# Team Workout for February 17, 2026

## 1,000 Yards



### WARM-UP

50yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

### MAIN SET

8 x 50yd, swimmer's choice, alternating strokes

2 x 50yd w/pull buoy

2 x 50yd, swimmer's choice, alternating strokes

2 x 50yd w/pull buoy

50yd, swimmer's choice

### COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick