

Team Workout for February 19, 2026

1,000 Yards



WARM-UP

50yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

6 x 50yd, freestyle/backstroke alternate

2 x 50yd w/pull buoy

4 x 50yd, butterfly/breaststroke alternate

2 x 50yd w/pull buoy

50yd, swimmer's choice

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick