

Team Workout for March 3, 2026

1,000 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

50yd, swimmer's choice

4 x 25yd, pull buoy

4 x 25yd, kickboard

4 x 25yd, freestyle

4 x 25yd, pull buoy

4 x 25yd, kickboard

4 x 25yd, freestyle

50yd, swimmer's choice

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick