

Team Workout for March 5, 2026

Timing Night



WARM-UP (OPTIONAL)

50yd freestyle, steady, medium pace

TIMING SET

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

Swimmer's race choices

*No longer than 100yd Free, take 25/50/100 Split time)

COOL DOWN (GROUP AFTER TIMING IS COMPLETE)

50yd Freestyle Swim