

# Team Workout for March 12, 2026

## 1,000 Yards



### WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

### MAIN SET

10 x 50yd, kickboard sprints; rest 30 seconds after every 50yd

4 x 50yd, freestyle w/pull buoy; rest 30 seconds after every 50 yd

### COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick