

# Team Workout for March 19, 2026

## 1,200 Yards



### WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

### MAIN SET

6 x 50yd, freestyle/backstroke alternate

2 x 50yd w/pull buoy

6 x 50yd, butterfly/breaststroke alternate

2 x 50yd w/pull buoy

100yd, swimmer's choice

### COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick