

Team Workout for March 31, 2026

1,100 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

4 x 50yd freestyle, Easy 25/Sprint 25, 15 seconds rest after every 50yds

2 x 25yd backstroke or alternate, 15 seconds rest after every 25yds

2 x 25yd freestyle, 15 seconds rest after every 25yds

2 x 25yd breaststroke or alternate, 15 seconds rest after every 25yds

2 x 25yd freestyle, 15 seconds rest after every 25yds

4 x 50yd freestyle easy, 30 seconds rest after every 50yds

4 x 50yd freestyle fast, 30 seconds rest after every 50yds

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick