

# Team Workout for April 2, 2026

## 1,000 Yards



### WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

### MAIN SET

4 x 25yd freestyle sprint, 30 seconds rest after every 25yds

4 x 50yd freestyle easy, 15 seconds rest after every 50yds

4 x 25yd freestyle sprint, 30 seconds rest after every 25yds

4 x 50yd freestyle easy, 15 seconds rest after every 50yds

1 x 100yd any stroke or IM

### COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick