

Team Workout for April 9, 2026

900 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

1 x 25yd freestyle w/pull buoy, 10 second rest

1 x 50yd freestyle w/pull buoy, 10 second rest

1 x 75yd freestyle w/pull buoy, 10 second rest

1 x 100yd freestyle w/pull buoy, 1 minute rest

1 x 100yd freestyle w/pull buoy, 1 minute rest

1 x 75yd freestyle w/pull buoy, 10 second rest

1 x 50yd freestyle w/pull buoy, 10 second rest

1 x 25yd freestyle w/pull buoy, 10 second rest

1 x 100yd IM or any stroke

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick