

Team Workout for April 14, 2026

1,100 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

4 x 50yd breaststroke or alternate, 15 second rest after every 50yds

2 x 50yd freestyle, 10 second rest after every 50yds

4 x 50yd backstroke or alternate, 15 second rest after every 50yds

2 x 50yd freestyle, 10 second rest after every 50yds

4 x 50yd backstroke or alternate, 15 second rest after every 50yds

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick