

Team Workout for April 21, 2026

1,000 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

8 x 50yd any stroke, 15 second rest after every 50yds

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

2 x 50yd freestyle w/pull buoy, 15 second rest after every 50yds

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

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick