

Team Workout for April 23, 2026

900 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

Practice races for Southeast U.S. Swimming Invitational

or

12 x 25yd freestyle sprint, 20 second rest after every 25yds

then

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

4 x 25yd freestyle race pace, 20 second rest after every 25yds

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

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick