

Team Workout for May 7, 2026

900 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

4 x 25yd freestyle kickboard race pace, 15 second rest after every 50yds

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

3 x 100yd IM or alternate, 30 second rest after every 100yds

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick