

Team Workout for May 14, 2026

1,100 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

4 x 50yd freestyle up/breaststroke down or alternate, moderate pace, 15 second rest after every 50yds

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

4 x 50yd freestyle up/butterfly down or alternate, moderate pace, 15 second rest after every 50yds

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

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick