

# Team Workout for May 21, 2026

## 1,100 Yards Pyramid



### WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

### MAIN SET

1 x 50yd freestyle, 10 second rest

1 x 100yd freestyle, 15 second rest

1 x 150yd freestyle, 20 second rest

1 x 200yd freestyle, 30 second rest

1 x 150yd freestyle, 20 second rest

1 x 100yd freestyle, 15 second rest

1 x 50yd freestyle, 10 second rest

### COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick