

Team Workout for May 28, 2026

1,000 Yards



WARM-UP

100yd freestyle

50yd kickboard, freestyle kick

50yd kickboard, tombstone

MAIN SET

Practice races for SONC State Swimming Championships

or

6 x 25yd freestyle kickboard, 10 second rest after every 25yds

2 x 100yd freestyle w/pull buoy, 30 second rest after every 100 yds

then

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

4 x 50yd freestyle race pace, 30 second rest after every 50yds

COOL DOWN

50yd freestyle

50yd kickboard, freestyle kick