

Advanced Workout for February 10, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

4 x 50yd freestyle, 15 seconds rest after each rep

BUILD UP (REPEAT TWICE)

1 x 25yd streamline kicking, 10 second rest

- Freestyle kick w/arms held in front. Fingers overlap w/one thumb lightly gripping other hand. Lift chin above water to breathe w/out turning head.

1 x 25yd free, 10 second rest

1 x 25yd single arm in front, 6 x left, 6 x right, 6 x full stroke, rest 10 seconds

- Freestyle using one arm at a time, focus on shoulder/hip rotation kick w/arms held in front. 6 arm strokes w/left arm, then 6 right arm strokes, followed by 6 full arm strokes. Non-stroking arm held in front in streamline position.

1 x 25yd free, 10 second rest

CORE

5 x 50yd free pull w/pull buoy, rest 20 seconds after each rep

6 x 25yd breast, rest 15 seconds after every rep

8 x 25yd free DPS, rest 15 seconds after rep

- Free w/maximum Distance Per Stroke (DPS); concentrate on long, efficient strokes and high streamline body, to reduce drag. Count your strokes each 25yd; reduce stroke count every 25yd.

COOL DOWN

2 x 50yd breast easy, rest 20 seconds after every rep