

Advanced Workout for February 12, 2026

2,600 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP (REPEAT TWICE)

1 x 100yd Free (even pace), rest 15 seconds after 100yds

1 x 100yd Back (even pace), rest 15 seconds after 100yds

BUILD UP

3 x 200yd Freestyle swim (even pace), rest 30 seconds after each 200yds

CORE

5 x 100yd Freestyle swim, rest 15 seconds after each 100yds

8 x 50yd Breaststroke Swim, rest 10 seconds after each 50yds

5 x 100yd Backstroke Swim, rest 15 seconds after each 100yd

COOL DOWN

8 x 25yd Easy, Any Stroke, rest 10 seconds after each 25yd