

Advanced Workout for February 17, 2026

3,000 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

8 x 50yd Any Stroke (even pace), rest 15 seconds after each 50yds

- **Swim your choice of stroke at a steady pace.**

4 x 50yd Breaststroke, 2 Kicks, 1 arm stroke, rest 15 seconds after each 50yds

- **Breaststroke swim completing two kicks to every one arm stroke**

BUILD UP

6 x 50yd Breaststroke, 3 kicks, 1 Arm stroke, rest 15 seconds after each 50yd

- **Breaststroke swim completing three kicks to every one arm stroke**

2 x 50yd Any Stroke, rest 10 seconds after each 50yd

- **Swim your choice of stroke.**

4 x 50yd Breaststroke, 2 Kicks, 1 Arm stroke, rest 15 seconds after each 50yds

- **Breaststroke swim completing two kicks to every one arm stroke**

CORE

6 x 100yd Freestyle Pull w/pull buoy, rest 15 seconds after each 100yds

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

5 x 100yd Freestyle DPS, rest 15 seconds after each 100yd

- **Freestyle w/maximum Distance Per Stroke (DPS). Concentrate on long, efficient strokes and a high streamlined body position to reduce drag in the water. Count your strokes each 25yd and try to reduce stroke each 25yd after.**

COOL DOWN (REPEAT TWICE)

1 x 50yd Freestyle Easy, rest 15 seconds after each 50yds

1 x 50yd Breaststroke Easy, rest 15 seconds after each 50yd