

Advanced Workout for February 19, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

4 x 50yd Freestyle Swim (even pace), rest 15 seconds after each 50yds

BUILD UP

1 x 25yd Streamline Kicking, rest 10 seconds after each 25yd

- Freestyle kick with arms held out in front in a streamlined position. Fingers overlap with one thumb lightly gripping the opposite hand. Lift your chin above the water to breath without turning your head.

1 x 25yd Single Arm (one arm by side) 6 x left arm, 6 x right arm, 6 x full stroke, rest 10 seconds after each 25yd

- Freestyle swim using one arm at a time, focus on shoulder and hip rotation and full reach. Complete 6 arm strokes with the left arm followed by 6 strokes with the right arm. The non-stroking arm is held loosely by your side.

CORE

5 x 50yd Freestyle Pull with pull buoy, rest 20 seconds after each 50yd

6 x 25yd Breaststroke Swim, rest 15 seconds after each 25yd

8 x 25yd Freestyle DPS, rest 15 seconds after each 25yd

- Freestyle swim with 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

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