

Advanced Workout for February 24, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

2 x 100yd Freestyle Swim (even pace), rest 20 seconds after each 100yds

BUILD UP

4 x 25yd Breaststroke, 3 Kicks, 1 arm Stroke, rest 10 seconds after each 25yd

- Breaststroke swim completing three kicks to every arm stroke

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

2 x 25yd Breaststroke Stretch & Glide, rest 10 seconds after each 25yds

- Breaststroke swim, pausing at the end of each stroke with an extended glide (streamline) for 2 seconds. Pace yourself by thinking “one Mississippi two Mississippi” during each glide.

CORE

8 x 25yd Freestyle Swim, rest 10 seconds after each 25yds

8 x 25yd 50/50 Freestyle + Breaststroke Swim, rest 10 seconds after each 25yds

- Swim alternate lengths of freestyle and breaststroke (freestyle down, breaststroke back)

8 x 25yd Freestyle DPS, rest 10 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

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

1 x 50yd Freestyle easy, rest 15 seconds after each 50yd