

Advanced Workout for February 26, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

8 x 25yd Any Stroke (even pace), rest 10 seconds after each 25yds

BUILD UP

8 x 25yd Backstroke Swim, rest 10 seconds after each 25yd

CORE (REPEAT TWICE)

8 x 25yd Freestyle Swim (25yd Easy, 25yd Effort), rest 10 seconds after each 25yds

- Freestyle swim at a slow, relaxed pace for 25yds, followed by Freestyle at a fast pace for 25 yds.

2 x 50yd Freestyle Catch Up Drill, rest 20 seconds after each 50yd

COOL DOWN

2 x 50yd Easy Any Stroke, rest 15 seconds after each 50yds