

# Advanced Workout for March 3, 2026

## 1,100 Yards



**RALEIGH RACERS**  
Special Olympics Wake County Swim Team

### WARM-UP (REPEAT TWICE)

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

1 x 50yd Breaststroke Swim (even pace), rest 15 seconds after each 50yds

### BUILD UP (REPEAT FOUR TIMES)

4 x 25yd Single Arm (arm out front) 6 x left, 6 x right, 6 x full stroke, rest 10 seconds after each 25yds

- Freestyle using one arm at a time, focus on shoulder and hip rotation. Complete 6 arm strokes with the left arm then 6 strokes with the right arm followed by 6 strokes using both arms. The non-stroking arm is held out in front in a streamlined position.

1 x 25yd Freestyle DPS, rest 10 seconds after 25yds

- 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.

### CORE (REPEAT TWICE)

2 x 100yd Breaststroke Swim, rest 20 seconds after each 100yds

2 x 50yd Breaststroke (25yd Easy, 25yd Effort), rest 15 seconds after each 50yd

- Breaststroke swim at a slow, relaxed pace for 25yd, followed by breaststroke at a fast pace for 25yds.

### COOL DOWN

1 x 100yd Easy Any Stroke, rest 20 seconds after each 50yds

- Swim any stroke at a slow, steady pace