

# Advanced Workout for March 5, 2026

## 1,100 Yards



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

### WARM-UP

8 x 25yd Freestyle Swim (even pace), rest 10 seconds after 25yds

- Freestyle swim at a steady pace

### BUILD UP (REPEAT TWICE)

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

- Freestyle kick (white water) with arms held out 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 Freestyle Swim, rest 10 seconds after 25yds

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

- Freestyle swim using one arm at a time, focusing 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.

### CORE (REPEAT THREE TIMES)

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

- Rest for 30 seconds

### COOL DOWN

4 x 25yd Breaststroke Easy, rest 10 seconds after each 25yds

- Breaststroke swim at a slow, steady pace