

Advanced Workout for March 10, 2026

1,100 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP

4 x 50yd Any Stroke (even pace), rest 15 seconds after each 50yds

- Swim your choice at a steady pace

BUILD UP

2 x 100yd Freestyle Swim (kick every 4th 25yd), rest 20 seconds after each 100yds

- Freestyle swim for 75yds then freestyle kick for 25yds 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.

CORE

4 x 50yd Freestyle Swim, rest 20 seconds after each 50yds

1 x 50yd Butterfly swim, rest 15 seconds after each 25yds

1 x 50yd Backstroke swim, rest 15 seconds after each 25yds

1 x 50yd Breaststroke swim, rest 15 seconds after each 25yds

1 x 50yd Freestyle swim, rest 15 seconds after each 25yds

8 x 25yd Descending Freestyle, rest 15 seconds after each 25yds

- Freestyle swim starting at a slow steady pace, increase pace and effort for each following 25yds

COOL DOWN

2 x 50yd Freestyle Push and Glide, rest 15 seconds after each 50yds

- Freestyle swim, pausing at the end of each stroke for 3 seconds with stroking arm stretched out front, and non-stroking arm held loosely against hip