

# Advanced Workout for March 12, 2026

## 1,100 Yards



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

### WARM-UP

2 x 100yd Any Stroke (even pace), rest 20 seconds after each 100yds

- Swim your choice at a steady pace

### BUILD UP

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

### CORE

6 x 50yd Freestyle DPS, rest 20 seconds after each 50yds

- 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 per lap and try to reduce.

6 x 50yd Freestyle Swim, rest 15 seconds after each 50yds

### COOL DOWN

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

- Freestyle swim at a slow, steady pace