

# Advanced Workout for March 19, 2026

## 1,100 Yards



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

### WARM-UP (REPEAT FOUR TIMES)

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

- Freestyle swim at a steady pace

1 x 25yd Breaststroke Swim (even pace), rest 10 seconds after 25yds

- Breaststroke swim at a steady pace

### BUILD UP

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

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

### CORE (REPEAT THREE TIMES)

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

- Rest for 30 seconds

### COOL DOWN

1 x 100yd Breaststroke Easy

- Breaststroke swim at a slow, steady pace