

Advanced Workout for March 24, 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 of stroke at a steady pace

BUILD UP (REPEAT FOUR TIMES)

1 x 25yd Double Arm Backstroke, rest 10 seconds after each 25yds

- Backstroke using both arms at the same time, focus on thumb out of water first then pinky entering water. Use a straight arm pull.

1 x 25yd Backstroke Push & Glide, rest 10 seconds after each 25yds

- Backstroke swim, pausing at the end of every stroke with arms outstretched for 10 kicks. One arm should be held out front and the other held loosely against your body while kicking.

CORE (REPEAT TWICE)

2 x 50yd Backstroke Swim, rest 25 seconds after each 50yds

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

2 x 50yd breaststroke swim, rest 25 seconds after each 50yds

- Rest for 35 seconds

COOL DOWN

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

- Freestyle swim at a slow, steady pace