

Advanced Workout for March 26, 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

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

4 x 25yd Swim (any stroke, not Freestyle), rest 10 seconds after each 25yds

- Swim either Backstroke, Breaststroke or Butterfly.

CORE

10 x 25yd Freestyle Swim, rest 15 seconds after each 25yds

6 x 25yd Breaststroke Swim, rest 15 seconds after each 25yds

8 x 25yd Backstroke Swim, rest 15 seconds after each 25yds

COOL DOWN

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

- Freestyle swim at a slow, steady pace.