

# Advanced Workout for March 31, 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 Backstroke Swim, rest 10 seconds after each 25yds

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

### CORE

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

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

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

- 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.

### COOL DOWN

1 x 100yd Freestyle Push & Glide

- Freestyle swim, pausing at the end of every stroke with arms outstretched, one held out front, the other held loosely against the body.