

# Advanced Workout for April 2, 2026

## 1,100 Yards



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

### WARM-UP

4 x 50yd Freestyle Swim (even pace), rest 15 seconds after each 50yds

- Freestyle swim at a steady pace.

### BUILD UP (REPEAT FOUR TIMES)

1 x 25yd Streamline Kicking, rest 10 seconds after each 25yds

- Freestyle kick with arms held out front in a streamlined position. Fingers overlap with one thumb lightly gripping the opposite hand. Lift your chin above the water to breath without turning your head.

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

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

### 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 Swim, rest 15 seconds after each 25yds

### COOL DOWN

4 x 25yd Freestyle Push & Glide, rest 10 seconds after each 25yds

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