

# Advanced Workout for April 7, 2026

## 1,650 Yards



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

## WARM-UP (REPEAT TWICE)

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

- Freestyle swim at a steady pace.

1 x 50yd Backstroke Swim (even pace), rest 15 seconds after each 50yds

- Backstroke swim at a steady pace.

## BUILD UP

4 x 25yd Breaststroke, 3 kicks, 1 arm stroke, rest 10 seconds after each 25yds

- Breaststroke swim completing two kicks, on the third kick complete breaststroke arm pull.

2 x 25yd Swim (any stroke), rest 10 seconds after each 25yds

- Swim your choice of stroke except breaststroke at a steady pace.

4 x 25yd Breaststroke Stretch & Glide, rest 10 seconds after each 25yds

- Breaststroke swim, pausing at the end of each stroke to extend your glide for 3 seconds. Try counting one Mississippi, two Mississippi, three Mississippi during each glide.

## CORE

8 x 50yd Freestyle Swim, rest 15 seconds after each 50yds

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

6 x 50yd Freestyle Swim, rest 15 seconds after each 50yds

## COOL DOWN

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

- Freestyle swim at a slow steady pace.

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

- Breaststroke at a slow steady pace.