

Advanced Workout for April 9, 2026

3,600 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP (REPEAT THREE TIMES)

1 x 100yd Freestyle Swim (even pace), rest 15 seconds after each 100yds

1 x 100yd Backstroke Swim (even pace), rest 15 seconds after each 100yds

BUILD UP (REPEAT FOUR TIMES)

2 x 50yd Backstroke Swim, rest 20 seconds after each 50yds

1 x 50yd Single Arm Backstroke (one arm by side), 12 x left, 12x right, 12 x full stroke, rest 10 seconds after 50yds

- Backstroke using one arm at a time, focus on good shoulder and hip rotation. Try to complete 12 arm strokes with the left arm then 12 strokes with the right arm, followed by 12 strokes using both arms. The non stroking arm is held loosely by your side.

1 x 50yd Breaststroke Swim, rest 10 seconds after each 50yds

CORE

8 x 100yd Freestyle swim, rest 20 seconds after each 100yds

6 x 100yd 50/50 Freestyle + Breaststroke swim, rest 20 seconds after each 100yds

- Swim alternate lengths of freestyle and breaststroke. If you prefer you can split it up into longer distances for example 100 freestyle followed by 100 breaststroke.

6 x 100yds Freestyle swim 50/50 easy + effort, rest 20 seconds after each 100yds

- Swim freestyle alternate each 25yds between easy slow steady pace and fast effort pace.

COOL DOWN

2 x 50yd Breaststroke easy pace, rest 10 seconds after each 50yds

2 x 50yds Backstroke easy pace, rest 10 seconds after each 50yds