

# Advanced Workout for April 14, 2026

## 3,000 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

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

3 x 50yd Freestyle Swim, rest 20 seconds after 50yds

3 x 50yd Breaststroke Swim, rest 20 seconds after each 50yds

3 x 50yd backstroke Kick, rest 20 seconds after each 50yds

- Kick on your back with arms in streamline position.

## CORE

3 x 200yd Freestyle pull with pull buoy, rest 3seconds after each 200yds

- Freestyle swim using arms only.

5 x 100yd Breaststroke swim, rest 20 seconds after each 100yds

5 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 100yd easy pace, any stroke, rest 20 seconds after each 100yds