

# Advanced Workout for April 16, 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 100yds

1 x 100yd Breaststroke swim (even pace), rest 15 seconds after 100yds

## BUILD UP (REPEAT FOUR TIMES)

2 x 50yd Backstroke Swim, rest 10 seconds after each 50yds

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

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

1 x 50yd backstroke 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 25s of freestyle and breaststroke. Or if you prefer you can swim 100yds freestyle and 100yds 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 50yd backstroke easy pace, rest 10 seconds after each 50yds