

# Advanced Workout for April 23, 2026

## 2,600 Yards



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

## WARM-UP (REPEAT TWICE)

1 x 100yd Backstroke Easy pace, rest 15 seconds after each 100yds

2 x 50yd Breaststroke Easy pace, rest 15 seconds after each 50yds

## BUILD UP

6 x 50yd Breaststroke Pull with pull buoy, rest 15 seconds after each 50yds

- Breaststroke swim without kicking.

2 x 50yd Freestyle Swim, rest 10 seconds after 50yds

4 x 50yd Breaststroke swim, 2 kicks, 1 arm stroke, rest 15 seconds after each 50yds

- Breaststroke swim completing 2 kicks to every one arm stroke.

## CORE

4 x 100yd Breaststroke Swim even, steady pace, rest 20 seconds after each 100yds

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

4 x 50yd Butterfly swim at even, steady pace, rest 15 seconds after each 50yds

## COOL DOWN

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

4 x 25yd breaststroke easy pace, rest 10 seconds after each 25yds