

Advanced Workout for May 5, 2026

2,600 Yards



RALEIGH RACERS
Special Olympics Wake County Swim Team

WARM-UP (REPEAT FOUR TIMES)

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

1 x 50yd Backstroke Even pace, rest 15 seconds after each 50yds

BUILD UP (REPEAT TWICE)

1 x 100yd Single arm freestyle 6 x left arm, 6 x right arm, 6 x normal both arm stroke, rest 15 seconds after each 100yds

- Freestyle swim using one arm at a time, try to focus on good shoulder and hip rotation. Complete 6 strokes with the left arm, 6 strokes with the right arm followed by 6 normal strokes using both arms. The non-stroking arm is held out in front in a streamlined position.

4 x 50yd Freestyle DPS, rest 10 seconds after each 50yds

- Freestyle swim with maximum Distance Per Stroke. Concentrate on long, efficient strokes keeping your body in a high streamlined position. Count your strokes each 25 and try to reduce the number of strokes it takes you.

CORE

5 x 100yd Freestyle Swim, rest 15 seconds after each 100yds

4 x 100yd Individual Medley, rest 15 seconds after each 100yds

- Swim 100 IM. Or if you prefer swim 100yds of each stroke in IM order

5 x 100yd Freestyle even pace, rest 15 seconds after each 100yds

COOL DOWN

8 x 25yd Easy pace, any stroke, rest 10 seconds after each 25yds